

100% INDEPENDENT
GET THE BIG PICTURE
JUNE 2012

common ground

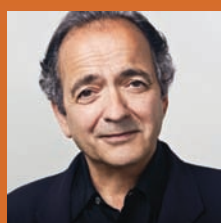
FREE MAGAZINE

Walk for Peace *The Next Generation* 30th anniversary 1982-2012 June 30th

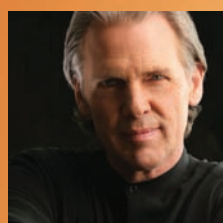


Reboot your life in a single day.

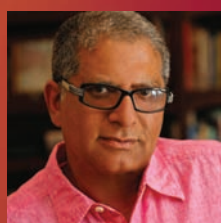
Education. Experience. Enlightenment.
...for everyone



Gerald Celente
The Future of Life as
We Know It



Jeffery Armstrong
Ancient Wisdom:
The Gateway to
Modern Success



Deepak Chopra
The Future of
Wellbeing



David Wolfe
Living Nutrician



Karen McGregor
Love is the Answer
to Purpose



Adam McLeod
(DreamHealer)
Unlocking Unlimited
Human Potential

ALL DAY PASS

Student/Senior \$99

EARLYBIRD ONLY \$129 TILL JUNE 30th

Limited VIP & Reserved Seating Available
+ Applicable tax and service charges

October 13, 2012

The PNE Forum | Vancouver, BC

www.seedevent.org

The
Seed Event
Vancouver 2012

Sponsors

Paradise Valley Wellness Centre



30th anniversary
Walk for Peace
THE NEXT GENERATION
June 30th

The Seed Event proudly supports



uond.org

WHICH WOULD YOU RATHER EAT?



EAT BETTER. EAT ORGANIC.



Nature's Fare Markets

Kamloops Kelowna Langley Penticton Vernon West Kelowna
Live well. Live Organic. www.naturesfare.com

LOCAL · ORGANIC · BISTRO · PRODUCE · GROCERY · VITAMINS · SUPPLEMENTS · BEAUTY · HOUSEHOLD

Feel the Joy of Renewed Health
Team up with **A+ Oil of Oregano**
because the best defense is a good offense

Certified Organic Wild Mediterranean Oregano

Helps to maintain immune function and good health.

common ground

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Adam Sealey,
 Alastair Gregor, Phil Watson
Design & Production - www.perublesky.ca
Proofing - Anthony Prosk
Special Events Coordinator - Alastair Gregor

Contributors:

Robert Alstead, Alan Cassels, Judy Davis,
 Ishi Roberts Dinim, Myriam Dinim, Jerry
 Ewen, Jim Fetzer, Alastair Gregor, Al Harvey,
 Carolyn Herriot, Hazel Bell Koski, Grady
 Mercs, Mac McLaughlin, Vesanto Melina,
 Dheera Nithyananda, Geoff Olson, Rosemary
 Phillips, Gwen Randall-Young, Mary
 Rawson, Joseph Roberts, Lorraine Sims,
 David Suzuki, Eckhart Tolle, David Tracey,
 WILPF

Sales - Head office 604-733-2215
 toll-free 1-800-365-8897

Contact Common Ground:

Phone: 604-733-2215
 Fax: 604-733-4415
 Advertising: adam@commonground.ca
 philwatson.cg@gmail.com
 alastair@commonground.ca
 Editorial: editor@commonground.ca

Common Ground Publishing Corp.
 204-4381 Fraser St.
 Vancouver, BC V5V 4G4 Canada

100% owned and operated by Canadians.
 Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
 Return undeliverable Canadian addresses to
 Circulation Dept. 204-4381 Fraser St.
 Vancouver, BC V5V 4G4
 ISSN No. 0824-0698

Copies printed: 72,000

Over 250,000 readers per issue
 Survey shows 3 to 4 readers/copy
 Plus online at www.commonground.ca

Annual subscription is \$60 (US\$60) for one
 year (12 issues). Single issues are \$6 (specify
 issue #). Payable by cheque, Visa, MasterCard,
 Interac or money order.

Printed on recycled paper with vegetable inks.
 All contents copyrighted. Written permission
 from the publisher is required to reproduce,
 quote, reprint, or copy any material from Com-
 mon Ground. Opinions and views expressed in
 the articles do not necessarily reflect those of the
 publishers or advertisers. Common Ground Pub-
 lishing Corp. neither endorses nor assumes any
 liability for any and all products or services ad-
 vertised or within editorial content. Furthermore,
 health-related content is not intended as medical
 advice and in no way excludes the necessity of
 an opinion from a health professional. Advertis-
 ers are solely responsible for their claims.

features

- 5 **Walk for Peace 30th Anniversary**
Joseph Roberts
- 9 **What Peace Means to Me**
Lorraine Sims
- 10 **Pharmaceuticals and cancer links**
Alan Cassels
- 16 **Food matters: take a seat at the big table**
David Tracey
- 23 **Yvette Eastman: In memorium**
Rosemary Phillips
- 24 **Peace - Then and Now**
- 26 **Ending the War on Everything**
Geoff Olson
- 28 **9/11: Were we bamboozled?**
Jim Fetzer



The front cover collage is with photos
 by Myriam Dinim from the original
 1982 Walk for Peace, combined with
 a modern Vancouver photo by Al
 Harvey of the Slide Farm. Join us for
 the 30th anniversary, Saturday, June
 30th starting at noon in Kitsilano.
 Bring everyone, and your dog. To
 volunteer, sponsor or just find out
 more go to www.commonground.ca/walkforpeace.

columns

CULTURE

- 38 Funny and foreign
FILMS WORTH WATCHING
Robert Alstead

ENVIRONMENT

- 17 Speak out on June 4
SCIENCE MATTERS
David Suzuki

FOOD

- 12 **GOOD EATS** La Dolce Vita
Alastair Gregor

HEALTH

- 14 Summer fare
NUTRISPEAK
Vesanto Melina

ORGANICS

- 15 Fighting cancer with salvestrols
ON THE GARDEN PATH
Carolyn Herriot

SPIRITUALITY

- 20 Abundance
A NEW EARTH
Eckhart Tolle
- 22 Challenge your life
UNIVERSE WITHIN
Gwen Randall-Young

- 6 NEWSBITES
- 7 LETTERS
- 18 STAR WISE
- 29 RESOURCE DIRECTORY
- 36 DATEBOOK
- 37 CLASSIFIED



Fridden (Luxemburgish)
Der Frieden (German)
La Paix (French)

Achukma (Choctaw)
Mír (Bosnian, Bulgarian,
Byelorussian, Croatian)

Czech (Russian, Serbian,
Slovene, Ukrainian)
Shalom (Hebrew)

Heiwa (Japanese)
Salam (Arabic)
La Paz (Spanish)

Vancouver's first Walk for Peace

A short history

by Joseph Roberts

The year was 1982. Against the backdrop of the escalating nuclear arms race, 168 different groups cooperated to create Vancouver's first Walk For Peace; 35,000 people gathered that first year, followed by 65,000 in 1983 and by 1984 we were 100,000 strong. We came together at Kitsilano Beach and formed a river of people that poured over Burrard Bridge to a concert stage at Sunset Beach. It was magnificent.

This is 2012 and the times are different. Politicians, technology and the global landscape have all changed. People feel a different kind of angst and there is an urge to connect in person to feel our shared spirit for peace.

Thirty-years-ago, before cell phones, personal computers and the internet, people started talking and meeting to co-create their vision of a more peaceful world, beginning with where they lived, in their own communities. My family lived in Kitsilano, across from Kits Beach in an old house, which is no longer there. When I volunteered to coordinate that first year in 1982 my first child was just two years old and I was 32 earning my livelihood doing carpentry renovations. I called up friends and invited them to gather with their friends at our place for a meeting to organize a peace walk.

I knew people liked to walk in Vancouver. Many had walked on behalf of whales, the environment and



myriad important causes so I figured they would walk for peace. One day, my friend Rick Testa and I brainstormed a new name for such an event and the simple term Walk for Peace was born. Each meeting progressively grew in numbers and by the second gathering my living room had become too small. We were prompted to move to the SPEC building at 6th and Maple, which we also outgrew so we began to host our meetings in larger church spaces and union halls. What had started as an inspiration flourished and grew into the largest peace events in Canada's history... and it was happening right in our own backyards. The initial vision had been embraced by people of all religions, cultures and

racess. We were truly finding common ground for peace.

Soon, our networking efforts grew into 168 different groups and organizations, all united by a desire for peace in our world. There were educators, environmentalists, labour organizations, lawyers, engineers, feminists, religious groups, students, grandparents, war veterans, politicians, mayors, mothers, fathers, musicians, actors, bird watchers, gardeners ... the bandwidth for peace just opened up. The success of our first Walk for Peace in Vancouver was a total surprise and inspired cities from Victoria to Toronto and Halifax to host their own Walks for Peace in subsequent years.

2012 Walk for Peace welcomes sponsors and volunteers

Initial organizational meetings for the 30th anniversary Walk for Peace have been held from noon to 2 PM Saturdays at the Centre for Peace on West 16th at Burrard. (The #33 bus stops there.) We are looking for additional meeting places, volunteers and sponsors related to this event. If you or your organization would like to endorse or help sponsor the 30th anniversary of the Walk for Peace, please contact Alastair Gregor or Joseph Roberts at 604-733-2215. Email live@commonground.ca Thank you for supporting www.commonground.ca/walkforpeace

FUNDRAISER FOR PACIFIC WILD

THE GREAT BEAR RAINFOREST

A CELEBRATION OF NATURE, MUSIC & DANCE

NIGHT CELEBRATION @ TROUT LAKE

OUTSIDE - DRUM CIRCLE - FIRE DANCING

INSIDE - RICK BUCKMAN COE - BOCEPHUS KING SHINE - NAVARO - GREG VALOU - ANDREW KIM ELEMENTAL RHYTHM AND MUCH MORE

Saturday June 2nd

advanced tickets only, more-info at:
www.thegreatbearrainforest.org

35TH annual VANCOUVER FOLK MUSIC festival

July 13 14 15 2012 @Jericho Beach Park

60+ GLOBAL ARTISTS 8 BEACHFRONT STAGES 3 DAYS OF DISCOVERY 35 YEARS OF EXTRAORDINARY MUSIC

Tickets: 604.602.9798 www.thefestival.bc.ca
VFMF Box Office #100, 2425 Quebec Street

BANYEN BOOKS & SOUND HIGHLIFE RECORDS
ZULU RECORDS NEPTOON RECORDS

EARLY BIRD DEADLINE JUNE 11

Sidi Touré

Canadian Heritage Patrimoine canadien BRITISH COLUMBIA BRITISH COLUMBIA ARTS COUNCIL CITY OF VANCOUVER big Rock BC Global BC 100.5 FM TOM LEE MUSIC ESPACE MUSIQUE 90.9 cbc music.ca straight

NEWSBITES

Da Vinci – The Genius At Science World Telus World of Science

Science World in Vancouver is currently hosting the most complete and comprehensive travelling exhibition on Leonardo Da Vinci ever created. *Da Vinci – The Genius* demonstrates the full scope of Leonardo Da Vinci's remarkable genius as an inventor, artist, anatomist, sculptor, engineer, musician and architect. The exhibition, which took over 10 years to create, features a vast array of full-scale machine inventions crafted from Da Vinci's personal notebooks and reproductions of his most famous Renaissance art, including the Mona Lisa, Virgin of the Rocks and The Annunciation. A highlight of the exhibition is "Secrets of Mona Lisa" by French engineer Pascal Cotte. The exhibition runs until September 3, 2012. www.scienceworld.ca/davinci

BC to ban freedom of speech around diseased animals

The Province of BC is set to make it illegal to talk about reportable diseases in animals destined for human consumption. See <http://www.theprovince.com/news/information+farm+outbreaks/6657194/story.html>. The government also seeks to amend the Offence Act to implement the maximum punishment for talking about reportable diseases in animals/fish people are going to eat. If you want wild salmon, this is your last chance to protect them from viruses in salmon farms. The doors on free speech are slamming shut; if you want to use democracy to try and stop this, now would be a good time. See the videos at Salmon Are Sacred Facebook page and the posting at alexandramorton.typepad.com

I have set up a petition at www.change.org (See: COSTCO and Safeway We Don't Want to Eat Salmon Flu or Heart Viruses.) Some supermarkets are keeping a very dirty secret; recently, I received positive lab test results. I have asked COSTCO and Safeway to label farm salmon with the viruses infecting them. We know these feedlots have to get away from wild salmon, but we also know viruses in feedlots are dangerous. We are not heard by our government,

but they will hear COSTCO and Safeway. Please do what you can with this. The clock is ticking with the legislation to shut us up bearing down on us.

*From Alexandra Morton,
www.salmonaresacred.org*

Vancouver's first co-housing project

This summer, Vancouverites are invited to attend picnics and gatherings related to the formation of Vancouver's



The most complete and comprehensive travelling exhibition on Leonardo Da Vinci ever created – at Telus World of Science until September 3.

ver's first-ever cohousing community. Located on 33rd Avenue, near Victoria, the project will be completed in roughly two years. For information about cohousing, check out the Vancouver project at www.vancouvercohousing.com and the Canadian Cohousing Network at www.cohousing.ca. In practical terms, cohousing means that you own your one to three-bedroom home, within a village of people that become friends. You have complete privacy, with the option of enjoying and sharing activities with neighbours. You also have access to a large common house that can be used for bigger social events, plus a workshop, children's play area, gardens, parking garage, bicycle storage and other shared spaces. To learn more, email Vesanto Melina at

vesanto@nutrispeak.com. You can also contact her at 604-882-6782.

Shop smart; use Greenpeace's online tuna guide

Greenpeace's second annual canned tuna ranking finds some Canadian brands are joining a growing industry transition towards sustainability. More canned tuna companies are seeing the need to act for tuna stocks before it's too late, but others


Councillors unanimously supported the idea, as well as the need for mandatory labelling of GE crops, and more public education. Long time Councillor Harold Steves, whose family has farmed in the area for three generations, spoke passionately about how GE alfalfa, if approved, would destroy a lifetime of work as an organic farmer because of contamination. For more information, see <http://gefreesbc.wordpress.com> and for the national GE campaign, visit www.cban.ca.

Dangers of compact fluorescent lighting

A study conducted by Maine Department of Environmental Protection showed that breaking a single compact fluorescent bulb on the floor can spike mercury powder/vapour levels in a room – particularly at a child's height – to over 300 times the EPA's standard accepted safety and recommended that CFL's should not be used in carpeted rooms, near infants or pregnant women, the risk of contamination from a broken bulb being too great. There have also been recent reports of CFL bulbs exploding. Consider this occurring in your home, club, workplace or at a restaurant. "Vacuuming served to simply stir the vapour into the air and irreversibly contaminate the vacuum. This study also discovered that not only must carpets be discarded, other flooring surfaces continued to emanate mercury." **Maine Department of Environmental Protection.**

By Helen O'Toole, architect

Bell faced with class-action lawsuit

It looks like big telecom company Bell is about to see some punishment for unfair practices around cell phone contracts. Canadians, led by some Ontario lawyers, are launching a \$100-million class action lawsuit, arguing that Bell is on the wrong side of Ontario's Consumer Protection Act. This is an important demonstration of Big Telecom's underhandedness, but it won't stop misleading contract and price-gouging on its own. Tell the government to make structural change, and push for more choice in the cell phone market: <http://StopTheSqueeze.ca>. 

continue to ignore the growing consumer demand for tuna that supports healthy oceans. Canada's biggest brand, Clover Leaf, is among this year's laggards. See the guide at <http://www.greenpeace.org/canada/en/campaigns/ocean/Tuna/Get-involved/canned-tuna-guide/>

Richmond City Council takes a stand against GE crops

The Richmond Food Security Society and the Society for a Genetically Free (GE) BC would like to warmly congratulate Richmond City Council on its courageous stand against GE crops and trees at its General Meeting on May 22. The two Societies introduced a resolution asking Richmond to become a GE free crop zone. At its General Purposes Meeting, Richmond

LETTERS

BC Salmon Farmers Assoc. deflects blame for its contaminated fish

Letter to the BC Salmon Farmers Association

A few weeks ago [early May], I saw you respond negatively to a letter asking for independent testing of your farmed salmon. Now, two of your farms have tested positive for the highly contagious IHN virus, resulting in the ordered killing of your stocks. Without any proof, you place the blame of your outbreaks entirely on wild fish, while deceptively proclaiming IHN won't harm wild salmon. Those studies you quote were done on adult salmon, yet you don't mention numerous studies showing IHN to be "deadly to juvenile wild salmon" – you know, the innocent ones now swimming past your filthy, infected farms. While the world's leading labs are confirming a myriad of "European strain" diseases from store-bought BC farmed salmon, you not only deny those findings as well, but arrogantly still refuse independent testing. This has many of us questioning your ethics or lack thereof. Since your main argument with independent lab results is about "foul play" or "contamination," why don't you accompany your fish to the lab just to make sure there's no hanky panky going on? If your fish are as squeaky clean as you claim, there should be no problem. The public and wild salmon deserve to know.

– Angela Koch, Quadra Island

What is this thing we call peace?


Thank you for creating an opportunity to remember and celebrate Peace with the June 30th Walk for peace! What is this thing we call peace? For me Peace is not the antithesis of war just like Love is not the opposite of hate. Thankfully it goes much deeper than that. I believe Peace is the promise seeded into the heart of all humanity. We are its soil and it can live in and through us. The question is how do we remember, uncover, and nurture that seed as much as we long for it to nurture us. We all seek the freedom peace brings. No one says "I don't want peace." Yet, we all have our own journey toward it. Some paths appear more productive than others. Declaring war on war does not seem to encourage it. However, opening our hearts and standing up to injustice seems to nurture it not only in ourselves but in others as well. When we seek to shelter ourselves from the world and the "other" perhaps we have only a small peace, a momentary piece of something much much grander.

Perhaps Peace is that wholeness, that fulfillment we seek whether in ourselves, our community or in all humanity. Ah...to be one with it all. As the monk said to the hotdog vender, "Make me one with everything". Perhaps we are all a little like that monk wanting everything from the hotdog stand of life. Perhaps we cannot fill that hole by consuming everything but by realizing our connection (for apparent better or worse) to the whole. Could it really be that we are a part of everything and everything is a part of us... that somehow Peace connects us with the experience of truly being one? One with everything....EVERYTHING??? But what about the pain and the hurt? Surely you aren't saying "I" am one with aggression or cruelty at times. Ah there is the rub! It is the fear of our own shadows that keep us insecure, isolated, defending and blaming. Thank goodness for compassion. It is the balm (not bomb) of peace. With it, we can even claim our connection through the shadows. Sweet Peace!

What ever is your path to peace, come walk, run, skate, skip. Bring your god, kids, main squeeze and perhaps even your enemies. This celebration of peace is for everyone from the activist to the mediators, the squatter to the police person, the corporate executive to the hippie. It is for you and me.

"There is a field beyond right and wrong. I'll meet you there." Let's walk together!

In appreciation, Jerry Namgyle Ewen

P.S. Let's set off a chain of peace activities with this walk. Vancouver Playback Theatre, is partnering with Peace It Together for an event called Peace: Stories and Films; Victories and Challenges! on June 30, 7:00 – 9:15, at Centre for Peace, Burrard and 16th, Great Hall. Tickets online at www.playbacktheatre.com adults \$12, children \$8. At the door \$15. Seating limited. Part proceeds go to Peace It Together. 

Train for a Career as a Certified Nutritional Practitioner!



Earn a Diploma in Applied Holistic Nutrition



The Institute of Holistic Nutrition

"The industry leader in training nutrition professionals"

vancouver@instituteofholisticnutrition.com

- Achieve the accreditation of a Certified Nutritional Practitioner (CNP)
- Professional Co-Op Placement
- Full & Part-time programs
- Fully qualify for the professional designation of Registered Orthomolecular Health Practitioner (ROHP/RNCP)

Next Semester Begins September 2012



For course inquiries & appointments, please call: (604) 558-4000

604 West Broadway Suite #300, Vancouver BC

Conveniently located just one block west of the
Cambie and Broadway sky-train station!

www.instituteofholisticnutrition.com

Imagine

the most significant
relationships in
your life just
got better

...a lot better.

Pretty cool, huh?

Now Being Offered
COMMUNICATION SKILLS TRAINING

**BRUHANSKI
ACTING
STUDIO**

604-879-2080
www.bruhanski.com



Teaching the Art of
Personal Transformation Since 1980

Solve Life's Problems With Ease.

Do you want to learn how to...

- Create The Abundance You Deserve?
- Stay Centered In Spite Of World Chaos?
- Experience Less Pain And Suffering?

Shift Into Infinite Potential with The Yuen Method™.

Join Colette Stefan as she guides you to feel Instant Relief from energetic blocks that are preventing you from achieving the Abundance You Deserve in Health, Relationships, Finances, and Purpose.



Crystalline Vision
the art of intuition...

SPECIAL TELECONFERENCE JUNE 4th

Divorce Detox

Lighten your toxic load of lawyers, court battles & domestic disputes.

Reclaim your power and clear a path to harmonious resolution!

\$20 pre-registration by June 1st

June 4th, 2012: 6pm Pacific/7pm Central & Mountain/9pm Eastern

For Upcoming Events & Your FREE Gift go to:

www.CrystallineVision.com

SLEEP WELL • LIVE WELL ALL NATURAL & ORGANIC MATTRESSES

WE PAY THE HST
on all our Natural Latex
Mattresses! Ends June 30th

BRING
THIS AD for
2 FREE
wool pillows
with your
mattress purchase!

M
majestic
sit & sleep



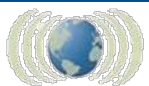
Locally made

1828 W. 4th Avenue, Vancouver
www.majesticsitandsleep.com

604.731.8226

For Peace of Mind & Relief

EarthCalm's latest state-of-the-art technologies are proven to provide powerful protection from the dangers of smart meters, Wi-Fi, cell phones, laptops, towers, household electricity, & other sources of EMFs.



earthcalm
the ultimate protection from radiation

90 Day Guarantee

www.earthcalm.ca

Toll Free: 1-888-993-9123

School of Western Herbal Medicine

Where you see danger,
we see medicine.

Explore the world of medicinal plants:

- Community Herbalist Certificate (270 hours)
- Diploma of Phytotherapy (2130 hours)
- Dual Diplomas of Acupuncture and Phytotherapy (3645 hours)
- Dual Diplomas of Phytotherapy and Holistic Nutrition (3345 hours)



**PACIFIC RIM
COLLEGE**



College of Practitioners
of Phytotherapy



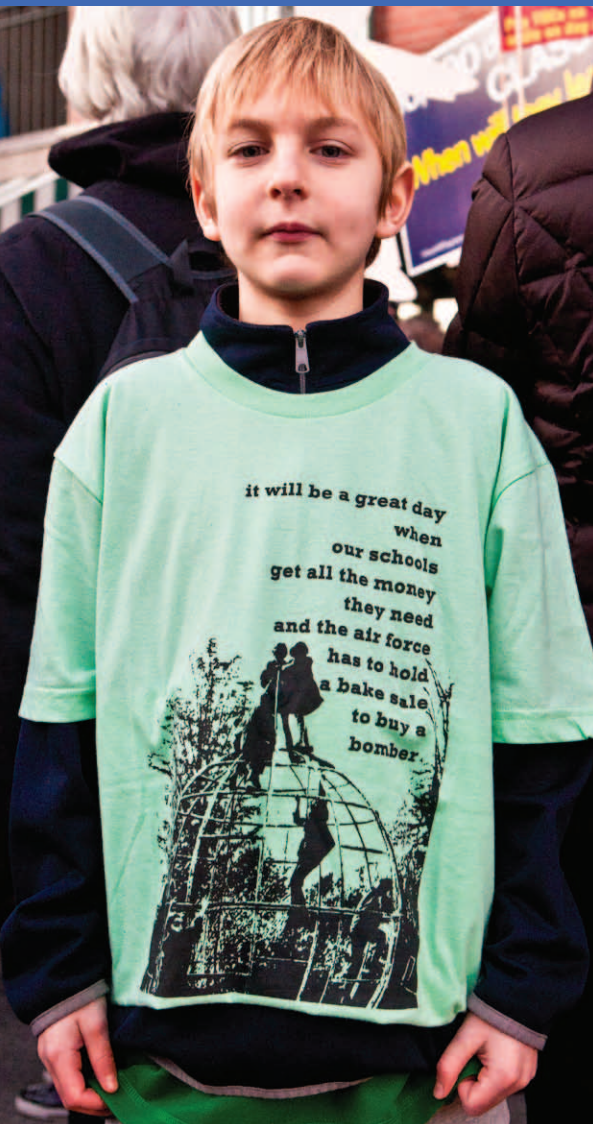
Accepting Applications for 2012 and 2013 Programs • www.pacificrimcollege.ca
229-560 Johnson Street, Victoria, BC • e: info@pacificrimcollege.ca

La Pace (Italian, Romanian)
Peace (English)
A Paz (Galician, Portuguese)

Alaáfíá, (Yoruba)
Amaithi (Tamil)
Amaní (Swahili)

Aman (Malay, Urdu)
Ashtee (Farsi)
Barish (Turkish)

Béke (Hungarian)
Damai (Indonesian)
Filemu (Samoan)



Tyler Gagnon, Linda Mackie photo

Despite all of the ghastliness in the world, human beings are made for goodness. The ones that are held in high regard are not militarily powerful, nor even economically prosperous. They have a commitment to try and make the world a better place. – Desmond Tutu

In 1999, Peter Gabriel had a brilliant idea. Yes, Peter Gabriel, former lead singer for the rock band Genesis.

It occurred to Peter that, in traditional societies – North American First Nations, African indigenous peoples, Pacific Islands' natives – the people had village elders to resolve conflict and to guide the people forward. Now that we live in a global village, we also need our global elders to resolve conflict and guide the people forward. Peter took his stroke of genius to his friend Richard Bran-

What **peace** means to me

Global Elders' mission is to aid humanity

by Lorraine Sims

son who supported Peter in bringing life to the idea. They approached Nelson Mandela to head the organization, which became known as The Elders.

This global initiative began in 2007 with a group of senior statespeople from around the world, whose purpose is to seek new approaches to global issues, bring an end to human suffering and bring hope and wisdom back into the world.

The following are some excerpts from the speech by Archbishop, Desmond Tutu, at the announcement of The Elders, Johannesburg, South Africa, July 18, 2007:

"In traditional societies, it was the Elders of the village who were trusted to resolve conflict and provide wise guidance. Today, we live in a global village, yet we don't have our global elders to lead and inspire.

I am very humbled and honoured to announce a new initiative to provide much-needed global leadership: The Elders, an effort led by the esteemed group of leaders who meet here today.

This group, dear friends, is one that has an understanding of the essential interdependence of all of us human beings.

It is a beginning and we look for a glorious tomorrow when we will discover that we are actually members of one family, the human family, God's family. It is ultimately the goodness, and laughter, and joy and caring and compassion – those are what we want to convey in the end."

Never before has such a powerful group of leaders come together, free from political, economic or military pressures. The only agenda of The Elders is that of humanity. And their only purpose is to ease human suffering in three essential areas:

1. Offering a catalyst for the peaceful resolution of conflict.
2. Seeking new approaches to seemingly

intractable global issues.

3. Sharing wisdom: reaching out to the next generation of leaders. Listening worldwide.

Chaired by Archbishop Desmond Tutu, the Elders include:

- Nelson Mandela, former President of South Africa, now Honorary Elder.
- Desmond Tutu, former Archbishop of South Africa.
- Graca Machel, International advocate for women's and children's rights, former freedom fighter, and first Education Minister of Mozambique.
- Mary Robinson, former Prime Minister of Ireland and U.N. High Commissioner for Human Rights.
- Martti, former President of Finland, Nobel Laureate, Peace Negotiator.
- Kofi Annan, former Secretary-General of the United Nations, Nobel Peace Laureate, Initiator of the U.N. Millennium Goals.
- Ela Bhatt, Founder, Self Employed Women's Association, Founder of India's first Women's Bank, Member of Parliament.
- Lakhdar Brahimi, former Algerian freedom fighter, U.N. Diplomat, Peace Negotiator
- Gro Brundtland, former President of Norway.
- Jimmy Carter, former President of the United States, Nobel Peace Laureate.

- Fernando H. Cardoso, former President of Brazil.

- Aung San Sui Kyi, Burmese pro-democracy activist. An honorary seat was held for Sui Kyi while she was held under house arrest for 20 years.

Since its inception, Kofi Annan and Sui Kyi have taken a leave of absence, in order to fulfill other national and international duties

The Elders' beliefs

The Elders represent an independent voice, not bound by the interests of any nation, government or institution.

The Elders are committed to promoting the shared interests of humanity, and the universal human rights we all share.

They believe that in any conflict, it is important to listen to everyone – no matter how unpalatable or unpopular this may be.

They aim to act boldly, speaking difficult truths and tackling taboos.

They don't claim to have all the answers, and stress that every individual can make a difference and create positive change in their society.

To learn more about this inspiring group, please visit www.theelders.org

Lorraine Sims is a Vancouver-based activist, writer and leadership coach. She is currently writing a book about how each of us can contribute to world peace. www.lorrainesims.com

SAVE THE GREAT BEAR RAINFOREST



Show your support to save the Great Bear Rainforest at www.takeittaller.ca

Enter our Great Bear's Got Talent contest on Facebook at "Save the Great Bear Rainforest" and win an all expensed paid trip for two to the Great Bear Rainforest!





Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE™

Empower yourself. Achieve optimal health and a lasting career.

Do you want to positively change your life and well-being?

Do you want to help others achieve optimal health?

Do you want to earn a diploma in a life changing field?

Do you want to change careers?

If you answered YES to any of these questions, then CSNN's Natural Nutrition program is for YOU.

Offers the R.H.N.™
(Registered Holistic Nutritionist)
Designation; the most recognized Designation in the Industry



TO LEARN MORE ABOUT CANADA'S LEADING HOLISTIC NUTRITION SCHOOL

Visit: **www.csnn.ca**

100-2245 West Broadway, Vancouver
ph: 604-730-5611



Drug Bust Alan Cassels

HEALTH

Briefing Notes on Prescription Drugs

Pharmaceuticals and cancer links

The Canadian Cancer Society recently came out with some very welcome news – Canada's cancer death rate is dropping. One of the biggest contributing factors has been prevention. Simply put, fewer of us are dying of cancer than in the past. And if we do get it, we are living longer.

One reason it appears we're 'winning' the War on Cancer is that some of the major contributors, such as tobacco use, continue to drop. With society cracking down on selling tobacco to minors, research showing the overwhelming evidence of harm and governments taxing the heck out of cigarettes, smoking rates which were around 40 and 50 percent 30 years ago are now under 20 percent. BC has the lowest percentage of smokers in the country: 17 percent.

The most hopeful signs of progress have probably been with breast cancer, where death rates have dropped even more sharply: nearly 40 percent since the peak in 1986. In Canada, the breast cancer death rate is now the lowest it has been since 1950.

What has caused the rate of breast cancer deaths to drop? Some claim that, due to more and better cancer screening and the fact that we are able to capture cancer earlier than in the past, we are saving lives. The independent experts, however, say that while screening is very good at detecting slow-growing cancers earlier than they would otherwise be found, the major declines in breast cancer death have largely been unaffected by mammography screening programs.

In fact, as early as between 1985 and 1990, experts were starting to notice a decline in breast cancer deaths, before any widespread screening programs had been established. And declines were even seen in those countries where screening was not offered or in populations who were not offered screening, such as women under 40.

Today, if women get breast cancer, they're more likely to survive and it is simply because there are better treatments now and better knowledge about how to treat breast cancer.

Despite all this, breast cancer is still very common and the Canadian Cancer Society estimates in 2012 there will be 26,000 new cases of breast cancer and 14,000 deaths related to that disease.

There are many factors that might contribute to the fact that cancer is still the leading cause of death in Canada. While there is a lot of attention placed on lifestyle and prevention, the one thing that seems to get no attention is the potential for widely used pharmaceuticals to be contributing to new cases of cancer.

What I find most interesting is that the major decline in breast cancer in the last 10 years has not been due to better detection or better lifestyle advice, but because women have stopped using a major class of drug treatment. For decades, hormone replacement therapy (HRT) was prescribed to women to treat the hot flashes that come with menopause. All of this underwent a major rethink in 2002 when the Women's Health Initiative trial was halted because it found that combined estrogen and progestin therapy was increasing rates of breast cancer, blood clots and a number of other things.

So this makes me ask which other major class of widely used drugs could be adding to the new diagnoses of cancers?

A friend of mine, who was treated for breast cancer a few years ago, was recently back in the hospital for surgery on a tumour they had found on her cervix. The physicians recommended a complete hysterectomy. They were confident they'd caught the cancer before it spread. But I found myself asking if it were possible that the treatment for her breast cancer may have contributed to the development of this new cancer and was that new cancer itself entirely preventable?

Part of the treatment for her breast cancer included the drug tamoxifen – sold under the brand name Nolvadex – which is often given to women to prevent a recurrence of the disease. It is well known that tamoxifen can cause cancer of the lining of the uterus (endometrial cancer) as well as a much rarer and more deadly

form of cancer of the uterus called uterine sarcoma.

The link between tamoxifen and uterine sarcoma has been proven in high-quality randomized studies of healthy women, as well as in studies of women using tamoxifen to prevent breast cancer recurrence. It is rare and might affect only 17 women out of every 100,000 taking tamoxifen every year. This number is big, however, when you consider how many millions of women are put on tamoxifen.

Here, we have a situation where a drug is prescribed to prevent one kind of cancer and ends up causing another type of cancer. In my mind, this is not healthcare; it is disease substitution. And the real question is how often are we substituting one disease for another? What about other drugs, which are used for things like cholesterol, high blood pressure or gastric reflux? Could they also have a side effect that includes increasing rates of cancer?

Cholesterol-lowering drugs make an interesting case study. According to Dr. Bernice Golomb from the Faculty of Medicine at UC San Diego, whose research focuses on the risks and benefits of medical interventions, "All members of the two most popular classes of lipid-lowering drugs (the fibrates and the statins) cause cancer in rodents, in some cases at levels of animal exposure close to those prescribed to humans."

A few years ago, the PROSPER trial, conducted in an elderly population, found those who took statins compared to placebo had higher rates of cancer. What is happening here is that drugs that allegedly reduce your risk of a heart attack or stroke could be leading to higher rates of cancer.

We have a situation where a drug is prescribed to prevent one kind of cancer and ends up causing another type of cancer.

In my mind, this is not healthcare; it is disease substitution.


But what about other kinds of drugs? Just a quick view of the literature revealed there is a variety of drug classes that might be contributing to various types of cancer. For example:

- Oral contraceptives can lead to increased risks of blood clots and cancer. The diet drug orlistat (Xenical) can cause pre-cancerous changes in the lining of the intestines which are precursors to colon cancer. The drug finasteride (sold as Propecia or Proscar to treat baldness and enlarged prostates) is linked to increases in male breast cancer. The drug liraglutide (Victoza), prescribed to improve blood sugar control in type-2 diabetes, causes possible thyroid tumours and the diabetes drug pioglitazone (Actos) may lead to increased risk of bladder cancer.

- Drugs that you put on your skin, such as the eczema drugs pimecrolimus (Elidel) and tacrolimus ointment (Protopic) had FDA public health advisories issued on them in 2005 about the potential risk of cancer. The osteoporosis drug teriparatide (Forteo) has been linked to possible bone cancer in patients.

What does this tell us?

Even as groups like the Canadian Cancer Society and others tell us it's wonderful news that cancer rates are dropping, it may be too early to rest on our laurels. It may be possible there are many types of drugs we routinely swallow without a thought as to whether or not they may be causing other kinds of disease. We have to remember that cancer takes a long time to develop, much longer than the average clinical trial to test a drug. Basically, if the average drug trial is only two to three years long, it may appear perfectly safe because you might need to be exposed to the drug for five to 10 years for it to cause cancer. Many major drugs we take, such as drugs for heartburn, have only been tested in six-month trials. Whether or not they cause cancer if you take them longer than six months is simply not studied.

So what's the consumer to make out of all of this? Should we stop taking all pharmaceuticals because we think they may be causing cancer? While that might seem irrational, my suggestion would be that any foreign substance you put in your body for long enough will upset your body's chemistry and it could very well take you in a direction that you simply can't predict. 

Alan Cassels is a drug policy researcher at the University of Victoria and author of the forthcoming book **Seeking Sickness: Medical Screening and the Misguided Hunt for Disease** (released in May, Greystone Books). www.alancassels.com

www.commonground.ca

GO IONIC TODAY!

You have nothing to lose and your health to gain!

Liquid Ionic MAGNESIUM & CALI-MAG

Calcium and magnesium need to be liberated from the molecules they are bound to by stomach enzymes. Then they must be ionized to be absorbed.

As we age, our digestive capacity and its ability to liberate calcium and magnesium ions become less efficient. However, **liquid ionic** provides the body with a concentrated pool of **pre-ionized calcium and magnesium**, which is absorbed via the ion channels that exist in our cell membranes.



Rose Stevens

**for inquiries call
1.250.868.9972**

distributors

Erlendson Health Products
1-888-542-4671
Western Canada
www.erlhealth.com

Innotech Nutrition
1-866-875-5022
Eastern Canada
www.innotechnutrition.com

Silver Mountain Health
1-877-674-4631
Alberta and Sask
www.silvermountainhealth.com

www.biofrequencyconsulting.com

Introducing...

Good Eats



La Dolce Vita



Summer time and the living is easy; it's the time of year when the curious get out and seek new foods, explore what's in season and experiment with the tastiest, freshest produce of the year. Good Eats is here to bring you *La Dolce Vita* – The Sweet Life – and we invite you to join us on a culi-

nary adventure every month.

Food is my passion; it is what I know and what brings people together in laughter, light and love. Food is literally medicine for the body and the powerful health benefits of choosing the freshest ingredients help keep you healthy and uplift you when you're feeling down. Food is fun! It allows you to travel to

different cultures and escape the mundane without leaving your hometown.

This summer, I'm throwing down a challenge to our readers to break the habit of doing what you have always done. It's time to get honest with yourself and stop putting off what you have wanted to do for so long. If you haven't already done it, go through all your cupboards and fridge and toss out everything that is out-of-date, old or suspect. It's also

time to replace all your old herbs and spices. If they are more than six months old, they have oxidized and aren't at their freshest – kind of like eating a stale cookie. Remember to replace all your cooking oils and fats with purely organic oils.

Take time for you and your family and friends. Take time to savour the bounty nature provides. Do this by seeking the freshest, healthiest and most nutritious produce you can find. It's the time of year to get active and to get out there to the farmers markets and fill up on organic produce. Why organic? Because it's the best for you and for the environment and it tastes great. Your cells contain 20 percent foreign RNA (the building blocks of nature), which comes from the food you eat. Your body uses it to make new cells so you literally are what you eat. The healthier the produce, the healthier you will be.

You have to understand the difference between natural and organic foods. It's important to realize the "natural" label is not regulated and does not provide a guarantee of being free of genetically engineered ingredients (GMO's) or synthetic pesticides and additives. Currently, the *only* label

that can protect you against genetically engineered ingredients and other unsavoury additives is the "USDA 100% Organic" label, which must contain only organically produced materials. In order to qualify as organic, a product must be grown and processed using organic farming methods that recycle resources and promote biodiversity and sustainability.

So where to get organic crops which are grown without synthetic pesticides, bioengineered genes, petroleum-based fertilizers or sewage sludge-based fertilizers? Most towns feature organic co-ops and organic food stores. Take a trip to your local market and ask. Most markets today carry a broad selection of organic foods and many of the prices are in line with conventional foods so there is no reason not to eat organic.

For a true shopping experience, you can take day trips or weekend trips with friends and family. Explore the Fraser Valley, head towards Agassiz and do some of the Circle Farm Tours, www.circlefarmtour.com. You can also search the internet for many of your local summer food festivals. Head over to Vancouver Island or through the Okanagan for a broad selection of the freshest, tastiest ingredients right from the farmer: farm fresh eggs, honey, heirloom varieties and the freshest of specialty cheeses; ask the farmer for their favourite recipes and share with your friends.

And whatever you do, start with the freshest simplest ingredients and experiment with new flavours and seasonal favourites. Very soon, you will have new favourites to enjoy. [K](#)

To advertise your restaurant, food product or service in our Good Eats section, please contact food writer **Chef Alastair Gregor** at alastair@commonground.ca Alastair's lifelong passion for food was inherited from his grandmother. He's an Honours graduate of the Culinary Institute of Vancouver Island at VIU and has been cooking since he was old enough to see over the top of the stove.

MEET SHARON HANNA author of...

Banyen Books • Talk and Book Signing
with *kale snacks* provided by *Gorilla Food*
3608 West 4th Avenue, Vancouver
Tuesday, June 5 at 7PM

Barbara Jo's Books to Cooks • Book Signing
with *delicious kale treats* available
1740 West 2nd Avenue, Vancouver
Sunday, June 10 from 1PM to 3PM

HARBOUR PUBLISHING • www.harbourpublishing.com

MARKETPLACE



RISE Kombucha is a bittersweet beverage created by the synergistic action of beneficial yeast and bacteria that convert tea into a tonic, with a taste reminiscent of light cider. It is organic, fair trade, raw, vegan, Canadian and the culmination of seven years of patient micro-brewing research and craftsmanship. This fermented tea of ancient lineage enhances vital energy, detoxifies and balances digestion. Enjoy its revitalizing qualities wherever you are. A better world starts from within. 1-604-216-1104 www.risekombucha.com

Three Farmers Camelina Oil is the first of its kind cultivated and available in Canada. Camelina Oil is an ancient oilseed, long touted

for its rich flavour and highly nutritious characteristics. Cold-pressed, rich in Omega-3 and chock-full of vitamin E, its highly stable nature allows for both cold culinary creations and high heat cooking. It's a beautiful oil for the grill and light summer salads and it's fully traceable! 1-306-371-8567.

To meet your farmer, visit www.threefarmers.ca



Pasture to Plate
Grassfed Meats!

The Butcher on The Drive
Beyond organic; bio-dynamic from pasture to your plate.

1420 Commercial Dr, Vancouver • 604-215-0050
www.pasture-to-plate.com



Honibe® (honey-bee) brand honey is an all-natural, specialty honey from Island Abbey Foods Ltd., a natural health product and specialty food producer based in Prince Edward Island. Under its Honibe® brand, Island Abbey Foods offers innovative products like the HoneyDrop™, the world's first 100% pure, no mess, non-sticky honey and a better tasting sugar cube. They also have a honey candy called HoneyDelights™, granular honey called HoneySprinkles™ and HoneyLozenges™ for sore throat and nasal congestion relief. 1-902-367-9722, www.honibe.com



Aspenware is premium, 100% compostable, disposable wooden cutlery that delivers form, function and environmental responsibility without sacrificing performance or costing more than premium plastic utensils.

These are the most amazing and intriguing utensils you will ever eat with. Aspenware is manufactured in Vernon, BC, using wood sustainably harvested from local forests. By harvesting underutilized, fast-growing tree species from sustainable forests and producing a 100% compostable product, Aspenware is the viable alternative to plastic disposables. 1-250-545-4470, www.aspenware.ca

Heddwyn *Essentials*

THE GOLD STANDARD

New Radiance Tamanu Oil
Problem Skin? Nature Provides.

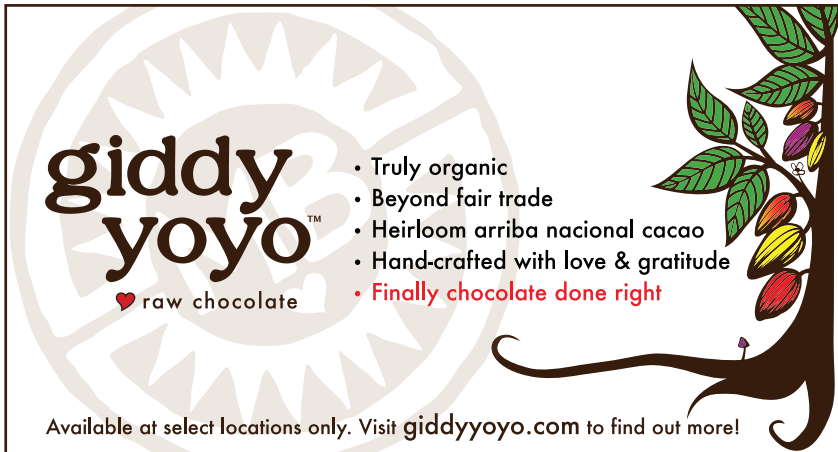
Wild Oil of Oregano
"Let food be thy medicine."
Hippocrates

Available at Fine Health Food Stores / www.wildoiloforegano.com / www.wildtamanuoil.com



Inner Landscapes
**HIKING RETREATS
FOR INNER EXPLORERS**
innerlandscapes.org

JOIN OUR LODGE-BASED HIKING RETREATS IN SEA TO SKY COUNTRY. Explore the changing landscape of your inner life through the lenses of poetry and the natural world. Discover where you are on the curve of your own transformation.



giddy yoyo™
♥ raw chocolate

- Truly organic
- Beyond fair trade
- Heirloom arriba nacional cacao
- Hand-crafted with love & gratitude
- Finally chocolate done right

Available at select locations only. Visit giddyoyo.com to find out more!



BE HEALED

Pjotr Elkunoviz returns to Vancouver!

June 13, 14, 18 and 19 - 2012

Receive profound healing and **DIVINE SPINE STRAIGHTENING**. All embracing healing process for body and soul. Pjotr's unique healing method represents a historic shift in world consciousness. Come and experience **Miraculous Healing with Pjotr Elkunoviz**.

Tel: 604-294-1540 www.bodymindspiritconnections.com



common ground

Look for Common Ground in over 150 new locations in Calgary, Edmonton and the Okanagan.

Call us at 604-733-2215 for free distribution in your store!



Summer fare

Summer is a great time for picnics and outdoor meals. For many, it's a time when dads get out their aprons and barbecue forks and flip burgers and slabs of meat on the grill. Yet according to the American Institute for Cancer Research (AICR), most North Americans are unaware that barbecuing can be a big leap down the road to cancer. (See <http://preventcancer.aicr.org>) In the high heat of grilling, substances in the muscle proteins of meat, poultry or seafood react to form carcinogenic compounds called heterocyclic amines, which can damage the DNA of our genes and catalyze the development of cancer.

Instead, why not try a healthier and protein-rich bean salad, such as the one featured below? It has proven to be very popular at summer get-togethers and throughout the year.



Multi-Coloured Bean and Vegetable Salad

From *Cooking Vegetarian* by J. Forest and V. Melina, Wiley Canada. 2011.

Makes 6 cups

Make this salad often, varying the beans or vegetables. Experiment with olives, trimmed snow peas, chopped asparagus, red, orange or green bell peppers, napa cabbage, zucchini, broccoli or cauliflower. When green vegetables are immersed in acid such as vinegar, their lovely colour becomes dull. To retain a bright green, place green peppers, broccoli and other greens in the marinade just before serving.

Marinade

1/4 cup apple cider vinegar, balsamic or raspberry vinegar	1 tsp. dill weed
2 tbsp. extra virgin olive oil	1 tsp. Dijon mustard
1 tsp. garlic powder	1/2 tsp. salt
	1/2 tsp. black pepper

Place marinade ingredients in a jar and shake or put in a bowl and whisk until blended.


Beans and marinade

3 cups cooked or canned beans such as black, pinto, red, white or garbanzo

Rinse the beans to remove the cooking or canning liquid. Drain well. Combine the beans and marinade into a large bowl and gently mix. Refrigerate for 6 hours so the marinade flavours penetrate the beans. Stir occasionally.

Vegetables

1 cup yellow bell pepper, diced	1 cup green beans, 1/2 inch slices
1 cup cherry tomatoes, sliced in half	Stir in the vegetables just before serving.

Per cup – Calories: 200. Protein: 10 g. Fat: 6 g. Dietary fibre: 11 g. Calcium: 50 mg. Iron: 2 mg. Potassium: 459 mg. Sodium: 413 mg. Zinc: 1 mg. 

Vesanto Melina (www.nutrispeak.com) offers the following presentations on Veg Nutrition for Superb Health: June 22: Evening presentation in Langley. Info: 604-862-7606 or helpmegrow@shaw.ca July 1: Victoria's Market Square on Canada Day, between 12-5 PM. Info: www.VictoriaVeganFest.com July 8: Vesanto begins a series in Vancouver at Eternal Abundance on Commercial Drive, 7:30 PM. Info: 604-707-0088 or goraw@live.ca, www.eternalabundance.ca



Fighting cancer with salvestrols

One in every 2.3 men and one in every 2.7 women will get cancer in their lifetimes
—Canadian Cancer Society.

Cancer scientists believe that single cancer cells are continually forming in the human body and that the body destroys most of these before they develop into malignant tumours. After all, we humans would not be here today if we had not evolved to do this. Food scientists once believed it was the vitamin, mineral, fibre and enzymes of plant foods that prevented human malnutrition and disease, but this all changed in the 1990s when phytonutrients were discovered.

As they ripen and set seed, plants manufacture elements as part of a defence system against oxidation, viruses and bacteria, insects and disease and radiation. It has now been discovered that these elements, known as phytonutrients, protect the body from the daily onslaught of toxic chemicals and carcinogenic compounds that prevail in our modern world.

In his book *Salvestrols: Nature's Defence Against Cancer*, Brian A. Schaefer documents a revolutionary new concept of how the body defends and heals itself naturally from cancer. The findings are based on the combined research of Professor Gerry Potter, a medicinal chemist, and Professor Dan Burke, a pharmacologist, both from the UK.

In the early 1990s, Professor Burke's research group found that an enzyme protein, called CYP1B1, (pronounced "sip one bee one") was clearly present in tumour cells in a wide variety of human cancers, but was undetectable in the cells of corresponding healthy tissues. Although there are hundreds of different enzymes ubiquitous in the

body, CYP1B1 was confined to diseased cancer cells only.

Professor Potter's team identified plant-based chemicals that were part of the plant's defence system and called them salvestrols. Many plant species were found to be high in salvestrols, especially fruits, berries and herbs. Unfortunately, modern agriculture, through use of antifungal sprays, has minimized levels in all but organic produce.

The key feature of salvestrols is that they are only activated inside cancer cells, which they then arrest or kill. The cytochrome P450 enzyme CYP1B1 brings about a subtle alteration in the structures of certain plant compounds and turns them into metabolites and these metabolites are potent anti-cancer toxins. For many years, researchers recognized that diets high in fruits, vegetables, herbs, grains, seeds, nuts and legumes prevented diseases such as heart disease, diabetes, cancer and high blood pressure. These new discoveries give us hope that, one day in the future, we will be able to control cancer by remembering to eat our vegetables, as our mothers always told us.

Important sources of phytonutrients

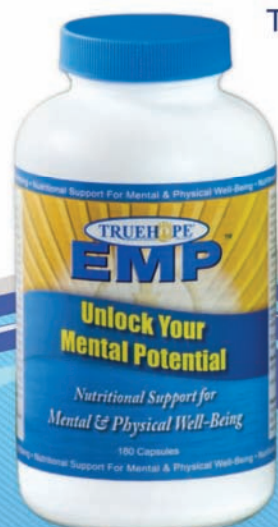
Garlic, onions, scallions, shallots and chives (potent sulphur compounds)
Extracts of bilberry, ginkgo biloba, milk thistle, grape seed and skin
Green tea
Flax seeds, hemp seeds, evening primrose oil
Broccoli, Swiss chard, spinach, dandelions, globe artichokes
Peppers, red beets
Extra-virgin, cold-pressed olive oil and borage oil
Apples, grapes and fresh melons
Strawberries and blueberries
Pink grapefruit, lemons, oranges, tangerines, limes (pulp and rind)
Sea vegetables (dulse, wakame, kombu, nori)
Fermented soybeans

Carolyn Herriot grows "Seeds of Victory" at The Garden Path Centre in Victoria, BC. <http://earthfuture.com/gardenpath>. She is author of *The Zero Mile Diet, a Year-Round Guide to Growing Organic Food* and is currently writing *The Zero-Mile Diet Cookbook* (Harbour Publishing).

Nutritional Support for Mental & Physical Well-Being



Truehope EMP™ is the first micronutrient supplement of its kind!



Truehope EMP™ is designed for the body to fully utilize, the way nature intended.
The effect is astounding results in mental and physical well-being!

More research studies have been published on the Truehope formula than any other micronutrient formula in history, and it is
sold in over 100 countries!

Take your health to a new level with Truehope EMP™,
Just feel better!

Visit a health food store near you!

Contact us at **1-866-397-3121** or info@truehopeemp.ca
or visit our website at truehopeemp.com for more information.



Food matters

Take a seat at the big table

Food is a delight, a wonder, a blessing, a need and a problem as big as the world. One billion people don't have enough to eat, according to the UN World Food Programme, and hunger kills more people every year than AIDS, malaria and tuberculosis combined. At the same time, another one billion people are eating too much so we now have a global epidemic in obesity.

You don't have to look around the globe to find a broken food system. Here at home, 900,000 Canadians must visit food banks every month just to get by. When the United Nations' leading food expert visited last month to report on how food issues



Hunger kills more people every year than AIDS, malaria and tuberculosis combined.


affect people even in a country like Canada, the government response was stunning. Rather than thank Olivier De Schutter for pointing out some major problems and recommending a national right-to-food plan, Health Minister Leona Aglukkaq called him "ill informed and patronizing" because he didn't know the real food issue in northern Canada was "fighting environmentalists."

What to do? Plant the seeds of a brighter food future. Here's the good thing about food politics: just as it affects everyone, everyone has a role in making it better. It takes a big table when you invite people together to talk about food. Farmers, nutritionists, activists, teachers, producers, distributors, recyclers and others are joining together in communities throughout North America to discuss alternatives to the industrial food system.

Their efforts typically target local issues, which is as it should be, but because many of our food system problems are the result of institutional forces making decisions far from our own neighbourhoods, it's vital that local groups combine their efforts and work together. Here in BC, we have the BC Food Systems Network which holds its 2012 Gathering July 5-8 on Gambier Island (open to all). The BCFSN is a province-wide grassroots organization bringing people from diverse areas and backgrounds together to share knowledge, strategies, success stories and, of course, food.

The Gathering, held every year since 1999, is like a family reunion that turns up relatives you never knew you had. Even those immersed in the struggle for food democracy can be surprised and energized to see the depth and breadth of work going on throughout the province.

Because the network operates on the principle that we – meaning all of us – are the experts, the Gathering is not a convention of celebrity speakers and corporate sponsors. Instead, members share what they're doing and what they've learned. This could be through seed-saving workshops, discussions on creating community gardens and round-table talks on best strategies for non-profit groups to attract donors.

With a federal government showing all the smarts of a schoolyard bully and growing pressures from the food industry – did you hear about the application to sell a GMO apple or the BC government's move to make it illegal to even talk about reportable diseases in animals destined for human consumption? – the theme for this year's Gathering couldn't be more timely: "Reclaiming Our Food System: Policy and Practice." For more information on the Gathering, visit the BCFSN website at food-democracy.org. 

David Tracey is the author of several books including **Urban Agriculture: Ideas and Designs for the New Food Revolution**. He is on the board of the BC Food Systems Network.

THE VANCOUVER 9/11 HEARINGS

Expanding the Boundaries of 9/11 Truth 15-17 June 2012

The Denman Theatre, 1737 Comox Street, Vancouver

OBJECTIVE: To evaluate and to move beyond the "official account" of 9/11

The Organizers

James H. Fetzer, Ph.D. – A former Marine Corps officer and founder of Scholars for 9/11 Truth, Jim has given hundreds of interviews and lectures on 9/11, including a 3.5 hour interview on television in Athens (2006), which was broadcast worldwide by satellite.

Joshua Blakeney – Graduate student at the University of Lehigh, Staff Writer at Veterans Today, and now the Canadian correspondent for PressTV, Josh has made numerous appearances on radio and television discussing current events.

The Judges

Constance (Connie) Fogal, LLB – Former leader of the Canadian Action Party, former Vancouver Parks Board Commissioner, lawyer with the Defence of Canadian Liberty Committee to oppose what Fogal sees as threats to Canadian constitutional sovereignty.

Alfred Lambremont Webre, JD, MEd – Judge on the Kuala Lumpur War Crimes Tribunal, Webre submitted a Memorandum to the Chairman of the House Judiciary Committee calling for the appointment of a special prosecutor to investigate 9/11.

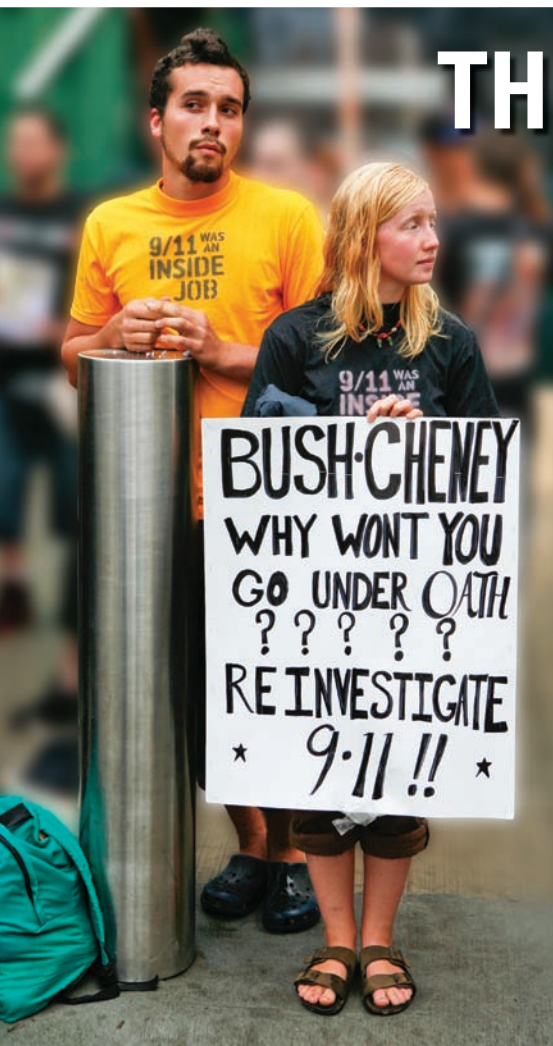
18 presenters with panel discussions & debates

TICKETS Single Day Pass: \$25, Conference Pass: \$50

DENMAN THEATRE 1337 Comox Street 604-558-3456	BANYEN BOOKS 3608 West 4th Avenue 604-732-7912	COOP BOOKSTORE 1391 Commercial Drive 604-253-6442
-----------------------------------------------------	------------------------------------------------------	---------------------------------------------------------

- The Pentagon, the Witnesses, and the Passengers
- How were the Twin Towers destroyed?
- The Fabrication of the Atrocities of 9/11
- Who was Responsible for 9/11 and Why?
- The Media, the 9/11 Myth, and the Message

For full presenter list and more information, visit www.911vancouverhearings.com





Speak out on June 4

Canada would be a different place without our 80,000 registered charities dedicated to everything from health to economic policy to the environment. Recent efforts by the federal government and its backers in media and industry front groups like Ethical Oil to demonize and silence legitimate organizations ignore the important role charities play in Canada. That's why environmental and other organizations are joining with Canadians for "Black Out Speak Out" (blackoutspeakout.ca or silenceon-parle.ca/en), launched on May 7 and culminating in a website blackout June 4.

Canadians understand the value of charitable organizations. Close to 85 percent of us over 15 years of age donate to charities every year. Often, it's to help people in other parts of the world. According to Charity Village, Canadians gave \$20 million... within four days of the 2004 Indian Ocean tsunami. For supporting

Join us to help preserve two core national
values: nature and democracy.

worthy causes, Canadians are entitled to a small tax break.


Canadians also know our spectacular natural environment is crucial to our national identity, health, and survival and that we can't always count on governments and industry to look out for its interests. And so they give their time, money and voices... The David Suzuki Foundation relies on Canadians for close to 94 percent of its funding. Canadians also expect transparency and results, which is why our funding and spending information is public.

With the help of many Canadians, we've enjoyed many successes... [so] we're astounded by the increasing efforts to stifle so many people and organizations that devote countless hours to ensuring that Canada remains a stellar example of an open and democratic country with strong social values and a clean and healthy environment.

If we are committed to these ideals, it follows we should also value freedom of speech on matters of national interest. It's fair to place limits on the extent and types of work organizations with charitable status can do. It's fair to ask questions about donations and what, if any, influence they may have on activities. But it is unacceptable to try to silence people with smear tactics designed to discredit them and deny their funding.

If our leaders want to pin all their hopes and our future on a twinned pipeline through Alberta and BC to ship raw tar sands bitumen to China, then Canadians at least deserve a proper conversation about it. We've seen recent signs of hope, with the Alberta government calling for a national energy strategy, for example, and with people in the media and elsewhere questioning the wisdom of employing an omnibus budget act to gut environmental laws and attack charitable organizations.

With continued suppression of those who speak out about the environment and women's and human rights, along with muzzling government scientists and cuts to government scientific and environmental programs and departments, it's clear we're facing a growing campaign, in part backed by industrial interests, to silence opposition.

We expect and deserve better. That's why we're speaking out. Silence is not an option. We're asking all Canadians to join us to help preserve two core national values: nature and democracy. Let's keep Canada strong and free. Please visit the websites of your favourite environmental organizations on June 4 to add your voice. 

Written with contributions from David Suzuki Foundation editorial and communications specialist **Ian Hanington**. Learn more at www.davidsuzuki.org.

How much Broccoli are you willing to eat to get the benefit of Nutraceutical Science?.....



= 5 lbs of broccoli



BroccoGen 10®

with Sulforaphane Glucosinolate
100% Natural NPN 80028444

- ✓ Protects from Radiation, Free Radicals, Electrophiles, Chemicals and Viruses
- ✓ Macular Degeneration
- ✓ Immune System Support
- ✓ Arthritis
- ✓ Supports Breast & Prostate Health
- ✓ Reduces Risk of Cardiovascular Disease
- ✓ Effective at Treating Helicobacter Pylori
- ✓ Protects the Brain
- ✓ Protects from Oxidative Stress & Inflammation



Available in health food stores across Canada 1 800 726 4155

newcoteatree@telus.net  www.organicteatreeoil.com

 GENUINE HEALTH | it shows

Good news for
fine print-reading,
organic-loving,
food-sensitive,
vegan-friendly,
wellness-seeking
human beings.

Introducing **greens+O**. From the makers of the original and best-selling Green Food in Canada, **greens+O** is for those who are both passionate and sensitive about the foods they eat. **greens+O** is dairy-free, gluten-free, soy-free and wheat-free. It's a vegan-friendly, non-GMO formulation made with 80%* certified organic ingredients. Available in great tasting Original or delicious Acai & Mango flavour. Welcome to the next evolution of **greens+**.



genuinehealth.com |    

*Original Flavour is 80% organic

Lose Weight- Look Your Best For The Summer



Buy 3 months of Cinch on AutoShip ...get the 4th month FREE!

*Save \$329.95

50+ Years of Nutrition Research
Visit: www.angelehappysoul.myshaklee.com

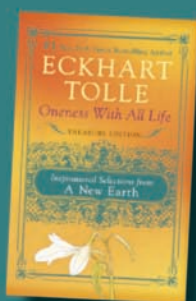


Coach Angele: 604-264-7332

#1 New York Times bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of *A New Earth*



Are you ready to be awakened?



A profoundly spiritual manifesto for a better way of life—and for building a better world.



Plume
A member of Penguin Group (Canada)

www.penguin.com

Sufi Tea House Rumi Rose Garden

50 Custom Blended Healing Teas

Wide Selection of White, Herbal, Fruit, Matcha, Matte & Chai Teas, Cafe, Coffee Bar, Turkish Coffee Turkish, Iranian and French Pastries

Sufi Mystical Music / Sufi Healing Gift Items
Sufi Bookstore Meditation Space and much more

www.RumiRose.com

3660 East Hastings at Boundary, Vancouver 604-558-4455



Best Place Immigration

- Professional advice on all immigration categories
- Authorized personal representation to Immigration Canada
- All application preparation and appeals

Ron Liberman Member, ICCRC, No. R414399

Immigration Services 778-373-4928

For a **FREE** assessment visit: www.bestplace.ca



EAST IS EAST
LIVE MUSIC AT 4413 MAIN ST (@ 28TH)
WWW.EASTISEAST.CA



Mac McLaughlin

ZODIAC

StarWise

June 2012

THE FULL MOON illuminates the night sky and also illuminates our inner sky if it aligns with sensitive points in our horoscopes. We experience the full Moon every month and most of the time not much comes to pass; it's just not a big deal. Then all hell breaks loose and you have a heated falling out with your partner, co-worker, boss or kid and even the cat looks at you funny. When the dust settles and you wipe the tears away and look up, sure enough, there's the full Moon staring you in the face.

The scenarios described above indicate the full Moon probably connected with Mars in your horoscope bringing intense emotions to the surface. Unsolvable problems, snags and seemingly immovable situations get built up under the tension of the waxing full Moon phase. At the height of the lunation, epiphanies come as our internal drummer, the sum total of who we are, points us in the proper direction. When we're not sure of what we should do in a given situation, we can throw our inner drummer our problem. When the time is right, the answers come winging back and we know exactly



ARIES Mar 21 - Apr 19

Short and long journeys are indicated as well as an expansion along the lines of communication and education. Regardless of your age, you are moving through a time in which it may be hard to stick to any type of plan. Stay open and remain original and honest. Pay attention to your intuition.



TAURUS Apr 20 - May 21

Your ruling planet Venus joins up with Jupiter as they travel through your solar second house throughout the last half of June. You may gain monetarily, but the best benefit is within, weighing what is of true value and what truly gives you peace of mind. Work at eliminating stress in the home. Pay attention to dietary concerns.



GEMINI May 22 - Jun 20

Your ship just came in and you're in the win. Creative energy and good timing bring success. Travel plans congeal. You can enjoy the hazy, crazy days of summer and live off the fat or you can strive to truly make something of yourself. In true Gemini style, do it all.



CANCER Jun 21 - Jul 22

It's not the time for the big splash on Broadway, but it is time to do your homework; study, train and research. Take some time to reflect on what makes you happy or not. It is time to pay off old debts and serve those that need assistance. You may be compelled to help out.



LEO Jul 23 - Aug 22

It's time to mix and mingle and enjoy the coming summer season. Your solar house of friendships is strongly activated. Meet with others that share your passions and interests. The full Moon on June 4 lights up your solar fifth house of business and pleasure. Others pick up on your sense of humour and style.



VIRGO Aug 23 - Sep 22

The full Moon on June 4 is pretty dynamic and will have an effect on your solar fourth and tenth houses. These are the areas related to career and home activities. Mars is in Virgo and closely tied to the full Moon energy, meaning the waters can get choppy and tensions could run high.

Deep Powerful Change!

Gwen Randall-Young, Psychologist

Featured CD:
Stop Worrying
www.gwen.ca



Self Care CDs/MP3s


Hypnosis for Weight Loss
Restful Sleep | Intuition
Releasing Anxiety | Depression
Creating Abundance & Prosperity
Relationship Series (10 titles)
~ Over 50 Titles Available!

Hypnosis CDs Available At:

Vancouver
Kelowna
Kamloops
Penticton
Naramata
Chilliwack
Victoria
Salt Spring Is.
Calgary
Edmonton
Odin Books
Banyan Books & Sound
Mandala Books
Bookland
Hooked on Books
Mustard Seed Bookstore
Amethyst Books
Avalon Books
Salt Spring Books
Community Natural Foods
Ascendant Books

Contact us for a free brochure. Wholesale available.
Toll Free 1-888-242-4936 www.gwen.ca

what to do and how to go. The truly sensitive, watery, receptive types among us need no explanation of the Moon's antics. They know full well what can happen.

Being born in the sign of Cancer or having one's Moon in Cancer, Pisces or Scorpio are just a few factors that make one more receptive to the influences of the Moon. We're all receptive to her influences in varying degrees. We react to circumstances the best we can and hope for a good outcome, but forewarned is forearmed. Let's say you have no idea of an upcoming full Moon aligning with your Mars. Sure enough, all kinds of drama unfold and the fur is flying. Being aware of an upcoming full Moon aligning with your Mars, you are able to avoid or at least minimize your involvement in any situation. Being extra cautious in traffic and not mixing it up with the hot-heads, blow-hards, braggarts and swaggerers will get you through the day unscathed. The upcoming lunar eclipse on June 4 has Mars involved with it and we will receive the opportunities to utilize our wisdom as life gets heated and contentious issues arise. Mercury and Saturn are in triangle at the time of the full Moon offering solid, reasonable suggestions to the concerns at hand. The time for honest negotiations has arrived. 



LIBRA Sep 23 - Oct 22
Mercury, lord of the lunar eclipse on June 4, forms a triangle with Saturn in Libra. This will serve you well. Your ability to weigh up what is fair and what is right is strong now. Having gathered a humbling wisdom in the past two years, you can put it to good use now.



SCORPIO Oct 23 - Nov 21
Into the mystic you go. The June skies represent a time in which you are gathering information that is hidden. Your hunger for knowledge and seeking wisdom is stronger than ever. It might be time to deal with wills, legacies, joint monies and secret agreements. "A stitch in time saves nine" reflects the times.



SAGITTARIUS Nov 22 - Dec 21
The lunar eclipse on June 4 takes place in your sign. Answers come along with more questions. A powerful series of events come to pass that changes your direction. Mid-month, lord Jupiter enters your opposite sign Gemini enhancing life all the way around. Take care and nurture yourself as exciting times are approaching.



CAPRICORN Dec 22 - Jan 19
The summer solstice on June 20 heralds your solar low of the year. It's time to take a break, relax, repair and take stock. The new and full Moon this month take place in your solar sixth house relating to one's attitude and values concerning health. It is time to organize and harmonize your life.



AQUARIUS Jan 20 - Feb 19
A lively time comes about as your solar fifth house is lit up like a Christmas tree. This house relates to romantic and creative energies, children, entertainment and business. You've got your thinking cap on and you're connecting the dots, as your ability to reason and intuit is very strong. Throw a party, dance and rejoice.



PISCES Feb 20 - Mar 20
The first half of June can be somewhat distressful, especially near the full Moon date on June 4 and until June 10. Intense encounters take place and you may have to defend yourself. Challenges at work may be the case. Whatever it is, you will have lots of opportunities to forgive those that trespass.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109





Jewels from all over the world!



Ascendant Books Ltd.
105 10310-124 Street
Edmonton, Alberta
Ph: (780) 452-5372
www.ascendantbooks.com

Serving Alberta's metaphysical needs since 1983!



Shamanic Training and Coaching Certification Program
Five Weekends Per Year
Starts Fall 2012 in Vancouver
Ceremonial Retreat & Silent Power
July 21 - 28
Email us to receive our newsletter: info@shamanicmedicine.ca
WWW.SHAMANICMEDICINE.CA 877.329.8668

The Worlds Healthiest Water.




Affordable Alkaline Water Ionizers for your Home.

-  **Increase Your Energy & Vitality**
-  **Boost Your Immune System**
-  **Powerful Antioxidant**
-  **Weight Loss**
-  **Anti Aging**



For 10% discount, enter code "COMMONGROUND" at 604-792-7881 www.wellnesswaterionizers.com

The Three Jewels Vancouver



PRESENTS LAMA MARUT
A SPIRITUAL RENEGADE'S guide to the GOOD LIFE
@ UNITY VANCOUVER
5840 OAK STREET
\$15 PER TALK | \$30 FOR ALL 3
BOOK SIGNINGS TO FOLLOW
TICKETS at Banyen Books & Sound
3608 W 4th Ave., ph: 604.737.8858
MORE INFO at www.threejewelsvancouver.com

July 5 - 7pm: Inciting Happiness: The Revolutionary Manifesto
July 6 - 7pm: Becoming a Spiritual Renegade
July 7 - 2pm: Stay Chillaxed While Changing Yourself and the World



**Coastal Academy
of Hypnotic Arts & Science**



Leslie McIntosh

toll free 1.866.532.9126

**Professional Hypnosis Training for New Careers,
Personal Growth, or to augment Existing Skills**

4-week Intensive Program: July 2-July 27
4-week Intensive Program: Sept 10-Oct 5
10-month Part-time Classes begin Sept 15-16

REGISTER NOW TO HOLD YOUR SPOT

604.542.1914 info@coastalacademy.ca

www.coastalacademy.ca

Learn Meditation FREE!

Weekly Monday Stress Relief Meditation Nights 7:30 - 9:00pm


**For • Clarity • Dynamism
• Calmness • Stress-free living**

Life Bliss Program - Level I

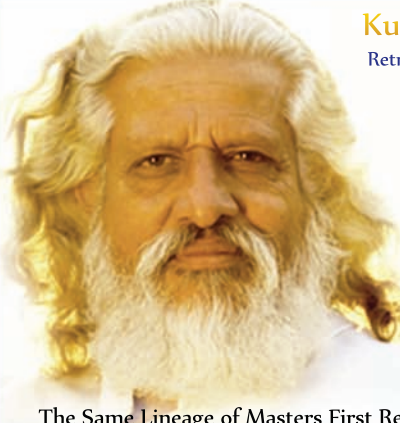
Come cleanse and energize your chakras through a series of guided meditations in this 2 day breakthrough program!

Saturday & Sunday, July 7 & 8
8:30am - 5:00pm both days
Cost: \$125 Register now. Don't miss it!

Info: **Nithyananda Meditation Academy**
604.628.4479 or lifebliss.vancouver@gmail.com
www.nithyanandavancouver.blogspot.com



Program designed by: Paramahansa Nithyananda, #1 Spiritual Teacher on YouTube.com



Kundalini Kriya Yoga Meditation

Retreat with Himalayan Master Yogiraj Siddhanath

Aug 31 - Sep 1, Fort Worden,
Port Townsend, WA

- ★ Learn Babaji's Authentic Kundalini Kriya Yoga Techniques
- ★ Experience Astral Flight and Samadhi, The Ecstasy of Expanded Consciousness

Learn more about Free Workshops in Seattle and Register at www.siddhanath.org/nw

Toll Free: 909-907-9605

Use Discount Code ADRETREAT150 to get \$150 off the retreat.

The Same Lineage of Masters First Revealed in "Autobiography of A Yogi"



COLLEEN SAVAGE

Algiers

www.colleensavage.com

Jazz. Straight up.

"a serious candidate for the annual Top-10 lists" – *AllAboutJazz.com*

Available at
Dr. Vigari Gallery
1816 Commercial Drive
Highlife Records
1317 Commercial Drive

Just now

an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of *Common Ground*. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film *A Beautiful Mind*, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of *A New Earth*?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect. Every indi-

vidual ego is part of the collective. They're connected. Every individual is a manifestation of the collective. To recognize that is essential because the ego, being a very clever entity, has many ways of reappearing. Even if you've seen it in one disguise, it can suddenly reappear in a new one.


You might suddenly realize your whole sense of self, identity, is being derived from your possessions and social position. You see that your whole sense of identity is bound up with that and you recognize one aspect of ego. Well, usually it only comes to people when they suffer, when the identification with something no longer works...

It's recognizing the ego in its many disguises. I've met Buddhist monks who had enormous egos without knowing it. I remember being in a monastery afraid to approach them because they seemed so aloof. Yet I've met other Buddhist monks who were like little children and it was a joy to talk to them because they'd laugh and not take themselves seriously at all. They didn't take the whole Buddhist



thing seriously either, yet they practised it knowing it was only a form and they weren't identified with it.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the Tao Te Ching starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form. 

Excerpted from **Just now: a two-part interview with Eckhart Tolle** by Joseph Roberts. Read the full interview online. Go to www.commonground.ca Click on archives. Click on 2007 at the top of the page. For part one, click on September 2007. For part two, click on October 2007.

Experience Divine Healing Hands with Dr. and Master Zhi Gang Sha

**World-Renowned Soul Healer, Inspired Teacher, Divine Channel
and Master GK Khoe and Master Peter Hudoba**

Divine Channels and Worldwide Representatives of Master Sha

Dr. Sha is an important teacher and a wonderful healer with a valuable message about the power of the soul to influence and transform all life.
— Dr. Masaru Emoto, *The Hidden Messages in Water*



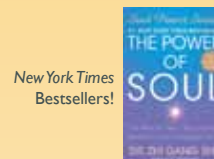
Master Peter Hudoba



Master GK Khoe



- MD in China and certified doctor of TCM and acupuncture in China and Canada.
- Grandmaster of ancient arts including tai chi, qi gong, kung fu, I Ching and feng shui.
- Honored with the Martin Luther King Jr. Commemorative Commission Award in 2006 for his humanitarian efforts.



New York Times
Bestsellers!



*I have the power to heal myself.
You have the power to heal yourself.
Together, we have the power to heal the world.*
— Master Sha

Tao in Daily Life

Thursday • June 14, July 5, 19, August 2, 16 • 6–8 pm, \$30

Divine Healing Hands Free Soul Healing Evenings

Friday • June 1, 22, July 6, 27, August 3, 17 • 6–8 pm, Free

Thursday • June 7, July 12, August 9 • 6–8 pm • Free

Divine Healing & Enlightenment Weekends

Saturday-Sunday

**June 2–3, June 23–24, July 7–8, July 28–29, August 4–5, August 18–19
10 am–5 pm • \$125 per day**

Divine Healing Hands Training Workshops with Master GK Khoe and Master Sha

Friday-Sunday • June 8–10 • 10 am–5 pm • \$625

Live in Vancouver and via webcast from Frankfurt! • Apply: DivineHealingHands.com

Divine Healing Hands Training Workshops with Master GK Khoe

Friday-Sunday • July 13–15, August 10–12 • 10 am–5 pm • \$625

Apply: www.DivineHealingHands.com

Call to receive a free Divine Healing Hands Blessing!

Love Peace Harmony Vancouver

1280 Odium Drive, Vancouver, BC, V5L 3L9

604.336.4833 • www.facebook.com/pages/Love-Peace-Harmony-Vancouver
www.LovePeaceHarmonyVancouver.com

Institute of Soul Healing & Enlightenment™ • 888.3396815 • DrSha.com • Facebook.com/ZhiGangSha



Challenge your life

Opportunities to find deeper powers within ourselves come when life seems most challenging. – Joseph Campbell

It is normal to feel frustrated or disappointed when things go wrong. It is also normal to feel a sense of unfairness when we carry burdens to which others seem immune.

The quality of our life is more a function of how we look at it rather than what is actually happening. We all know people who seem to have everything yet are always unhappy.

The real challenge is to program our minds to function in such a way that we maintain a healthy or positive perspective. The truth is life is full of challenges; things will go wrong; they will not always go according to plan. This, of course, is most disturbing to ego, which sees the world from its own limited perspective. It is like the four-year-old who wants what he wants right now and has a tantrum if it does not happen.

There is so much over which we do not have control and if our ego aspect is dominant, life will be characterized by struggle and drama. There will be much criticism and judgment of others as well as anger, hurt, resentment and gossip. Not much room for joy here.

If bad things happen, we can challenge ourselves

not to become bitter, to get back on our feet and


to use that misfortune to grow ever stronger.

If, on the other hand, we relinquish that control, which we do not have anyway, life goes more smoothly. This requires that we see life as an unfolding story – one where we don't know what will happen from one chapter to the next.

Think of a tennis game. If you stand in one spot and expect the ball to come directly to you every time your opponent hits it over the net, you will be frustrated. If, instead, you remain flexible, ready to move and alert to all possibilities, you can enjoy the game. With the first approach, you become a victim; with the second, you are a challenger.

We can challenge ourselves to draw upon our wisdom, to function with integrity, to treat others with kindness and to look for solutions rather than someone to blame. If bad things happen, we can challenge ourselves not to become bitter, to get back on our feet and to use that misfortune to grow ever stronger.

If we see life as a series of puzzles to be solved, hurdles to be cleared, mountains to be climbed and we *embrace* those challenges, we grow stronger and wiser. There is no time to complain about how hard it is or to lament that we should not have these challenges. There is no time to sit around judging others or trying to change them.

Life is not really so much about what is *out there*, but rather about how we choose to deal with it *in here*. Happiness is about our own state of mind. If we make it *dependent* on things being a certain way, then it is a gamble. When we attune our consciousness with all that is positive and all that we have to be grateful for, it is no longer a gamble. Ironically, the way we choose to think is the one thing over which we *do* have control. But we do have to learn to exercise it. 

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, CDs and the new "Creating Healthy Relationships" series, visit www.gwen.ca. See display ad this issue.

FREE Seminar




Awaken to the 'True' Spiritual View of Life

We are all born into this world with a mission. Discover it. Become truly awakened to the purpose of your life.

Saturday, June 16th
1:30 - 3:30 pm
Vancouver Public Library
Alice MacKay Room
350 W. Georgia St.
Doors: 1 pm / seating by 1:20 pm

Reservation recommended
604-437-7735 / Vancouver@happy-science.org

If you can't make it on Saturday, come to our seminar on **Sunday the 17th, 10:30 am - 12:30 pm** at our centre at 212 - 2609 E 49th Ave. Vancouver
Happy Science Vancouver www.happy-science.org



Gandharva Loka
— THE WORLD MUSIC STORE —

An exotic selection of ancient and modern musical and sound therapy instruments from around the world: gongs; singing bowls; steel, skin and pan drums; windchimes; diverse flutes, percussion and strings; children's instruments and more.

1650 Johnston Street - Granville Island
604-683-7733 • www.gandharvaloka.com



 **Open to Bliss Productions**
presents

Yoga and Meditation Retreat

2 yoga classes per day plus meditation instruction and time in nature / organic meals included

on Mabel Lake (Camp MacKenzie)
1 hr from Vernon or 1.5 hrs from the Kelowna airport

June 22-24, 2012
before June 12 - \$290 pp / after June 12 - \$350 pp

To register, call (250) 558-8632
or info@opentobliss.com

facilitated by **Satyama Lasby**
certified IYT, Hatha and Sivananda instructor and Osho Therapist





Advertise to 250,000 readers in our NEW Natural Foods Marketplace section.

To advertise call 604-733-2215
or email: alastair@commonground.ca

Making a difference

Yvette Eastman was the founder and force behind Touchpoint Institute of Reflexology and Kineshetics (formerly Canadian Institute of Reflexology) and a pioneer, teacher, author, filmmaker, risk-taker, humanitarian, go-getter, mother, wife, animal and nature lover and friend to many.

Yvette has left behind a huge void in the lives of her family and friends and the thousands of people who have taken her



She believed right from the get-go; in 1975, the healing properties of reflexology restored her son's hearing.

courses in reflexology and kineshetics or received the benefit of her generous healing hands and heart.

Yvette was intensely passionate about what she did. She believed right from the get-go; in 1975, the healing properties of reflexology restored her son's hearing. With dedication, determination, innovation, tenacity, drive and creativity, Yvette took up the banner and ran with it for 37 years, forever learning, creating new techniques, sharing, giving, teaching and healing. Wherever Yvette went, she promoted reflexology: from the foot mobile (the huge foot on top of her van) to radio, television and psychic fairs (1980s).

Yvette organized Vancouver's first holistic health fair in the late 1980s and advertised with *Common*



Ground from its inception in 1982. She produced books, CDs and videos and at the time of her passing, she was in the process of developing webcasts to offer her certification courses on the internet. Reflexology and Yvette went/go hand in hand, or should we say, foot-and-hand in hand.

Yvette was born in Belgium and raised in New York City where she experienced several career changes,


Yvette Eastman
1938 - 2012

from psychologist to daycare supervisor. In 1971, when searching for a life away from the Big Apple, she moved to BC with husband Lance. For a time, they were lighthouse keepers. Son Chris was born and Lance's daughter Samantha moved in after her mother died. After settling into their hideaway home in the forest under the trees in Belcarra, Yvette's journey with reflexology began, not just for humans, but also for animals. Who could forget Hooper the dog? A walk with Yvette would usually involve several four-legged friends running alongside. So it comes as no surprise that she not only wrote and produced some of the most up-to-date and state-of-the-art manuals on



reflexology for humans – beginning with *Touchpoint Reflexology: The First Steps* – but she also created *Pawspoint Reflexology For Animals*.

Yvette was exceptional and inventive in everything she did, not just professionally, but also personally, from raising her family to embracing friends and inviting them into her unique life. Her presence will be missed by many, but her legacy continues for Yvette has sown many seeds.

Yvette's blog continues to be maintained at www.yvetteeastman.squarespace.com. Visitors to the blog are invited to post stories of their experiences with Yvette. 

Rosemary Phillips is a freelance writer and certified reflexologist living in Christina Lake, BC. She is the author of the children's story and song **One Seed**. www.quillquotesandnotes.com



REFLEXOLOGY is used to reduce tension and restore the body's natural rhythm by ensuring that the 'energy paths' of the body are unobstructed. The relaxed state which reflexology induces is brought about by applying a compression technique to reflex or pressure points in the feet or hands which produces a response (reflex) in the corresponding organs of the body.

Circulation is stimulated, tension is reduced and health, in general, improves.

The Canadian Institute of Reflexology is both a centre for the study of Reflexology and a place to obtain a relaxing session. Sitzings are performed by Yvette Eastman, founder and director of the Yvette Eastman Method of Reflexology Ltd., who has

her practice on the premises. Yvette is your seminar and workshop instructor.

For information regarding seminars or reflexologists in your area contact:

Yvette Eastman Method of Reflexology Ltd., CANADIAN INSTITUTE OF REFLEXOLOGY, 49 Queens Street, Port Moody, B.C. V3H 2N3. Phone: (604) 936-3227.

Yvette Eastman was one of the first of Common Ground's advertisers in 1982.

Sìth (Gaelic)
Soksang (Khmer)
Solh Dari (Persian)

Sulh (Turkish)
Taika (Lithuanian)
Tsumukikatu (Comanche)

Tutkiun (North Alaska Inuktitut)
Ukuthula (Zulu)
Vrede (Afrikaans, Dutch) Wâki

Ijiwebis-I (Algonquin)
Wolakota (Lakhota)
Wo'okeyah (Sioux)



Get **active** in creating peace

by Dheera Nithyananda

All the best teachings from business, sports and spirituality tell us to “be proactive” in creating the future we want and not to slip into idleness or laziness in our creativity. Keeping focused on proactivity is how Richard Branson, Michael Jordan and the Dalai Lama have shaped their worlds. We can do the same.

Common Ground's entire history is about keeping the flame of dynamic future thinking and action in full force and this initiative is no exception.

Join the Walk for Peace and shape your world into greater peace.

Another initiative with the same focus is Minute 4 Peace. We can each spare a minute or more of meditation for peace each day and when we do, the research shows us that violent crime rates drop.

Each minute of meditation reduces violent crime cost by \$0.20. The website www.minute4peace.org tracks your contributions, and since starting a month ago has recorded 10 million minutes from people in over 50 countries, reducing crime by 1,500 violent crimes. Please join us as we aim for seven billion minutes, one for each person on the planet, by 12.12.12.

Dheera Nithyananda is the first person to lead expeditions to the three extremes: Everest and the North and South Poles. He teaches leadership and meditation.



Photographing Peace

by Myriam Dinim

testing. We worked with our friend Rick Testa, a brilliant copywriter, to find the best words for our fresh movement, and birthed the name Walk for Peace. What a delight when 35,000 people gathered at Kits Beach in front of our house in 1982 to walk from Kits over Burrard Street Bridge to Sunset Beach where a stage full of musicians and speakers inspired us all!

Many meetings happened in our living room and most of us sat on the floor, with a few chairs for the elders among us. I produced a newsletter at my dining room table and most of our networking to get people involved took place on one phone: our home phone, there were no cell phones or internet then. Interviews with the French network were done by phone or in my backyard at Cornwall and Yew, sometimes while breastfeeding my baby.

Rafe Mair once interviewed my daughter who was nine years old at the time and he was amazed at how she handled his questions.

It felt good to raise awareness and to educate our-



selves through meeting people like Sister Rosalie Bertell and Dr. Helen Caldicott. Ask anybody who did the first few walks from 1982 to 1984 and they will have their own special stories.

So come and join us on Saturday, June 30th in Kitsilano to celebrate the 30th anniversary of the Walk for Peace. Guaranteed you will have your own stories to tell the next generation.

Note: Myriam Dinim supplied most of the photo for this special walk for Peace edition.

I dedicate my photographs and this writing to June Black, who for years stood in front of the library in downtown Vancouver, on behalf of peace, collecting signatures to stop the Vietnam War.

My involvement with the peace movement really started when I met Joseph Roberts. Our life as a duo was made all the more powerful by the simple fact we were anti-nuclear and peace activists together.

In 1981 we participated in the Anti Nuclear Day of Protest, Choose Survival that only drew a small crowd, may be 200 or 300. Next year in 1982, with the prior organizers no longer around, we took a new, positive approach. To inspire more Vancouverites to join, we needed to move beyond the anger associated with pro-

Fois Scots (Gaelic)
Fred (Scandinavian)
Friður (Icelandic)

Lapé Haitian (Creole)
Li-k'ei (Tlingit)
Pax (Latin)

Pingan (Chinese)
Pokój (Polish, Slovak)
Pyong'hwa (Korean)

Rahu (Estonian)
Santipap (Thai)
Shîte (Tibetan)



This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

– Dalai Lama

When the power of love overcomes the love of power, the world will know peace.

– Jimi Hendrix

Be the peace you want to see in the world

– Mahatma Gandhi

There is light in this world... a healing spirit much stronger than any darkness we may encounter. We sometimes lose sight of this force... where there is suffering, too much pain. And suddenly the spirit will emerge... through the lives of ordinary people and answer in extraordinary ways.

– Mother Teresa

Military spending at **highest** levels since WWII



Veterans Against Nuclear Arms at Walk for Peace

There are now plans to expand Canadian military bases around the world. And the military is fast becoming a central thread in the fabric of society. We need to stop this new Canadian militarism.

The *Canada First Defence Strategy* is the Conservatives' blueprint for military spending, which already totals \$480 billion. But some costs are already way over budget, including the proposed purchase of F35 fighter jets and the construction of new Canadian warships. This could push military spending over half a trillion dollars.

Spending money on weapons will not create security. Real security is only possible when the people of the world can meet their basic needs.

Sadly, the Conservatives are increasing funding for things we need the least, while decreasing funding for the

things we need the most.

Prime Minister Harper plans to expand the reach of Canadian forces overseas. Canada already has agreements to establish bases in Jamaica, Kuwait and Germany.

It is planning bases for Singapore, South Korea, Senegal, Kenya and Tanzania.

This expansion would give Mr. Harper the power to embroil Canada in the affairs of sovereign states and would redefine Canada as an aggressive military power.

The new Canadian militarism also includes dramatically raising the military's profile in more aspects of Canadian life. In the last few years, Canada Day celebrations have been dominated by military displays and recruitment drives.

Citizenship and Immigration Canada has agreed that all citizenship ceremonies must include a military speaker, in order to promote military service as the highest form of citizenship.

The new citizenship handbook, *Discover Canada*, emphasizes Canada's involvement in wars abroad and heaps praise on the country's military history.

We believe that money earmarked for military spending must be reallocated to social and environmental programs: to protect jobs and pensions, preserve public healthcare and education and create a green economy. We oppose any attempts by the government to expand Canadian militarism abroad or to entrench it in Canadian society.

Adapted from a Declaration of the Canadian Peace Alliance (cpa@web.ca) Reprinted from the Women's International League for Peace and Freedom newsletter Peace Lines, March 2012. WILPF was founded in 1915, The Hague. [↗](#)

Here are a few of the principles in the Charter of the Nuremberg Tribunal adopted by the International Law Commission of the United Nations, 1950. You can see why certain heads of state have chosen to pretend that International Law does not pertain to them:

Principle III The fact that a person who committed an act which constitutes a crime under international law acted as Head of State or responsible Government official does not relieve him from responsibility under international law.

Principle IV The fact that a person acted pursuant to order of his Government or of a superior does not relieve him from responsibility under international law, provided a moral choice was in fact possible to him.

Principle V Any person charged with a crime under international law has the right to a fair trial on the facts and law.

Crimes Against Peace: Planning, preparation, initiation or waging of a war of aggression or a war in violation of international treaties, agreements or assurances; Participation in a common plan or conspiracy for the accomplishment of any of the acts mentioned ...

Ending the War on Everything

It's time to declare
peace on people,
places and the planet

In professional sports, especially football, the language of war is so blatant we hardly even recognize it as such. Years ago, comedian George Carlin contrasted baseball, “a nineteenth-century pastoral game,” with football, “a twentieth-century technological struggle.” Carlin mused, “In football the object is for the quarterback, also known as the field general, to be on target with his aerial assault, riddling the defense by hitting his receivers with deadly accuracy in spite of the blitz... With short bullet passes and long bombs, he marches his troops into enemy territory, balancing this aerial assault with a sustained ground attack that punches holes in the forward wall of the enemy’s defensive line. In baseball the object is to go home! And to be safe! – I hope I’ll be safe at home!”

In 2009, the NFL announced it was cooling its overuse of military-speak in its promotional materials. However, old habits die hard. Later that year, the NFL reinvented Gen. David H. Petraeus, the head of the Central Command, to make the Super Bowl’s opening coin toss, and had the U.S. Air Force Thunderbirds perform a pregame flyover at Raymond James Stadium. The flyovers are now fixtures in the yearly rituals. (Five Navy F-18 strike fighters flew over Cowboys Stadium to open Super Bowl XLV in Arlington, Texas.)

“From fighter jet flyovers to military performances at halftime shows, the National Football League and U.S. military have shared more than 40 years of Super Bowl history,” notes the official homepage of the United States Army. Little wonder that World War II general and US President Dwight D. Eisenhower allegedly said, “The true mission of American sports is to prepare young people for war.”

American entertainers are regularly tapped for football’s mass programming. The performance by pop singer Madonna at the Super Bowl XLV halftime show underlined the nation’s resurgent triumphalism. The parading Roman centurions, swordsmen and predatory bird imagery gave her live gig a gung-ho makeover. When she performed *Like a Prayer* gospel-style with Cee Lo Green and a formation of black-robed singers, it looked like a cross between a black mass, Mad Max’s *Beyond Thunderdome* and a very confused episode of *Glee*. In a chthonic closer at the ground zero of US gladiatorialism, Madge disappeared with a puff of smoke into a hole in the ground, as the words “World Peace” glittered across the stage in a thousand points of light.

The military and professional football trade terms like bacteriophages exchanging genes: Nixon called a Viet-

“War!” Edwin Starr roared in the 1969 Motown protest song of the same name, “What is it good for? Absolutely nothing!” Yet from the evidence of everyday speech, you might get the impression it must be good for *something*. North American social programs, foreign policy, medical research, business communications and sports talk are riddled with explicit references to war.

War on Crime. War on Poverty. War on Homelessness. War on Drugs. War on Gangs. War on Terror. War on Human Trafficking. War on Cancer. War on Obesity. For decades, pressing social policy initiatives have name-checked humanity’s most destructive collective habit.

FBI director J. Edgar Hoover kicked off the semantic ball in 1930 with his “War on Crime.” Rather than target organized crime networks, Hoover’s G-Men went after lone criminals such as John Dillinger and “Baby Face” Nelson. Strangely, the FBI’s most infamous cross-dresser denied the very existence of the Mafia for decades. By the late sixties, the war morphed into something else entirely, with the FBI spying on tens of thousands of “radicals” in universities, antiwar organizations and social justice groups.

The militaristic meme lay dormant until 1964 when President Lyndon B. Johnson declared the “War On Poverty” in his first State of the Union speech. (Johnson’s program produced real results, although the poverty rate in the US has not fallen for over 30 years.) Richard Milhous Nixon followed in 1971 by announcing the “War on Drugs,” a globe-girdling campaign of prohibition, foreign military aid and paramilitary intervention. Nations around the world suddenly found their

diplomatic and trade relations with the US bundled together with the prosecution and apprehension of their domestic drug traffickers and users.

Modern business communications are riddled with military references, including the past campaigns of long-dead warriors. Uncounted numbers of MBA graduates and middle managers have flipped through Sun Tzu’s *The Art of War* or the *Leadership Secrets of Attila the Hun* in an effort at self-advancement in the workplace. The battlefield rhetoric seeps from conference rooms, best-selling books, motivational posters and corporate retreats. An effective CEO “lays siege” to competitors, through “trench warfare,” “surgical strikes,” “carpet bombing” or “guerrilla warfare.” In this zero-sum-game language, success is always measured by someone else’s failure.

The War on Everything cajoles us into believing we must continually battle against the forces of darkness, which swirl from a competitor’s brand to a terrorist’s laptop to the cargo hold of a Columbian jet to the DNA of a malignant tumour. There is no room for peace, which is the incidental byproduct of war’s tribal bonding.

The mainstream media plays its part, too. Every December – the month supposedly dedicated to peace on Earth – commentators on Fox News revive their talk about a supposed “War on Christmas,” conducted by the nations’ multiculturalists. In Toronto, Mayor Rob Ford declared a “War on Graffiti” and now fulminates about an urban “War on Cars.”

Our leaders in politics, industry and communications appear to be hooked – semantically, at least – on sticking white hats and black hats on every other aspect of our lives.

nam bombing campaign “Operation Linebacker” while Manitoba is home to the “Winnipeg Blue Bombers.” With that in mind, we shouldn’t think our Canadian Football League is any less war-minded than its American counterpart. Consider the pomp and circumstance that surrounded the transport of the Grey Cup trophy in 2007. In its voyage to the host city of Toronto, the CFL’s Holy Grail was “given the VIP treatment,” according to CBC anchorman Peter Mansbridge. Bagpipes ushered the gleaming fetish object out of its home at the Canadian Football Hall of Fame and into a waiting limousine. The broadcast cut to a shot of the Cup reclining in the limo’s back seat, travelling Trump-style through the streets of Hamilton.

The trophy then had a police escort to the Ivor Wynne Stadium where it was picked up by police helicopter, flown to a nearby airport and transferred to a Canadian forces helicopter. The Canadian navy entered the picture to escort the Cup across a lake and hand it off to the Canadian army, which transported it in a military convoy to Toronto City Hall. All three armed services played fealty to the Cup, which finished its journey in, yes folks... a *tank*.

If you think the connection between pigskin and epaulettes couldn’t possibly get any tighter, think again. The skies of Afghanistan, Pakistan, and other nations are patrolled by death-dealing drones: unmanned, camera-equipped Predators and Reapers. This has resulted in a flood of raw battlefield surveillance video and more work for US forces in distinguishing friend from foe while sidestepping the messy PR problem of obliterated wedding parties. The solution, according to a report the *New York Times*, is television sports production trucks.

Picking up on the story, ESPN notes, “Football broadcasters have long benefited from specialized software that allows them to quickly organize and utilize real-time video information – think instant replays, player-specific highlights, infographics – and the U.S. Air Force is installing a \$500 million computer system that works in similar fashion. Military analysts reportedly spent time inside broadcast vans outside NFL stadiums, studying how TV crews tagged Tom Brady.”

Targeted assassinations of insurgents in Afghanistan, Pakistan, Yemen and throughout the mideast are routinely performed by joystick from command posts in the American Southwest. The gap between virtual killing and killing virtually is closing; some years back, the Pentagon released the source code for soldiers’ virtual training exercises to commercial games developers. When it comes to the CIA’s remotely piloted drone attacks and digital media, who knows? Perhaps one day there will be “an app for that.”

The War on Everything never seems to attain final victory, which is just over an endlessly retreating horizon. The War on Terror has only multiplied enemies abroad while curtailing civil liberties at home. The War on Drugs often comes bundled with the War on Terror, which has strengthened narco trafficking networks at the expense of the public purse and resulted in the deaths of thousands of innocent bystanders in Latin America while sweeping millions of minor drug offenders into a widening US prison-industrial complex. The drug war is now regarded as an abject failure by many policy experts, judicial figures,

retired politicians and law enforcement officials.

Ironically, while all the above-mentioned programs are still going gangbusters, Lyndon Johnson’s laudatory War on Poverty has not advanced any further since the sixties – presumably because the enemy was too subtle or devious to engage for long.

Let’s turn now to the War on Cancer. A global network of private laboratories, drug companies, university departments and foundations have been focused for decades on finding a magic bullet or armoury of weapons that will supposedly destroy this cellular scourge once and for all. Like many other public policy wars, it has shown only incremental wins, as cancer rates continue to climb in industrialized countries. However, the war has also generated massive profits for the pharmaceutical-industrial complex and helped create a planetary gulag for rats, cats, pigs, monkeys, apes and other laboratory animals.

Scientists know cancer is largely a lifestyle disease, with genomic triggers in the environment. Many of its forms are associated with diet, stress, environmental toxins and radiation. Yet relatively little money has gone into preventative health measures; such investment in funds and public policy would soon collide with powerful industrial interests. This particular war, along with the feel-good “Pink Ribbon” and “Fuck Cancer” campaigns, can never succeed because the ends and means are completely backwards. We will never defeat cancer by staging after-the-fact attacks on an environmental symptom or by promoting think-positive bumpf for its victims. We will only reduce its cellular dominion by reaching peace with the planet – and that means defying the holy scripture of the balance sheet.

“War! What is it good for?” Unfortunately, Edwin Starr was dead wrong with his musical response: “Absolutely nothing!”

It appears many modern wars are never meant to reach any definitive conclusion, if we go by the statements of political leaders and military commanders. In 2007, Senator John McCain said US forces might be in Iraq for “a hundred years.” Canada’s defence minister in 2006, Gordon O’Connor, observed, “It is impossible to defeat the Taliban militarily” in Afghanistan, a line echoed by British Brig.-Gen. Mark Carleton-Smith, who told the *Daily Mail* that an “absolute military victory in Afghanistan is impossible.” Canada’s former Chief of the Defence Staff General Rick Hillier was even more explicit in a statement reported in the *Toronto Star* in 2006: “That’s never been the strategy – to defeat them [the Taliban] militarily.”

In 1991, two years after the collapse of the Soviet Union, the Washington policy journal *Foreign Affairs* quoted Colin Powell, chairman of the Joint Chiefs of Staff: “I’m running out of demons, I’m running out of villains. I’m down to Castro and Kim Il Sung.” Ten years later, the War on Terror would tap a new pipeline of endlessly renewable enemies.

Both the Afghanistan and Iraq wars have outlasted World War II in length and the talk of troop withdrawal by the US and Canada often fails to mention that private security forces have outnumbered the coalition’s armed

forces for years and will continue to do so. The Global War on Terror – rebranded by the Pentagon in 2009 as “Overseas Contingency Operations” – is moving on under President Obama, “one of the most militarily aggressive American leaders in decades,” according to the *New York Times*. The winner of the 2009 Nobel Peace Prize has presided over drone attacks in at least six countries, and has added four undeclared wars to his predecessor’s record: Libya, Pakistan, Somalia and Yemen.

As George Orwell wrote in his novel *1984*, “In accordance with the principles of double-think, it does not matter if the war is not real. For when it is, victory is not possible. The war is not meant to be won, but it is meant to be continuous.” In the spirit of *1984*’s Newspeak, there is no “Ministry of War” in Anglo-American nations, only a “Department of Defence.”

War is the dark side of economist Joseph Schumpeter’s sunny vision of capitalism’s “creative destruction.” It is a cross-generational, mass spiritual affliction with its roots in the material world of energy and resources. It is, to put it in simpler terms, business conducted by other means. That was true long before George Bush Sr.’s Gulf War and his son’s “Shock and Awe” sequel. In 1933, US general Smedley Butler reminisced how he had spent 33 years in active military service as a member of America’s “most agile military force,” the Marine Corps. “I served in all commissioned ranks from Second Lieutenant to Major-General. And during that period, I spent most of my time being a high-class muscle man for Big Business, for Wall Street and for the Bankers. In short, I was a racketeer, a gangster for capitalism.”

When Lewis Carroll wrote, “Tweedledum and Tweedledee agreed to have a battle,” he was telling us mortal enemies are codependent; they need one another to define themselves. Zen philosopher Alan Watts connected this to the “game of black and white,” his description for a comic book worldview we learn at a young age. As we grow into adulthood, most of us learn the world is mostly a complicated spectrum of greys. Others remain stuck in the game of black and white their entire lives and some of them are rewarded handsomely for promoting this Manichean worldview.

Like the Great Oz, The War on Everything offers the audience impressive theatrical façades, even though behind the curtains it’s mostly timid technocrats, working the gears and pulleys for society’s plutocrats. Hypnotized by the brilliant spectacle, the Munchkins – young men and women – are forever marching off to battle under suspect banners. Most have no inkling the War on Everything is rarely about anticipated peace. It’s usually about indefinite conflict.

Words shape the reality we perceive and their thoughtful use can go a long way towards breaking what visionary poet William Blake called “mind-forged manacles.” Or as the old sixties expression put it, “Free your mind and your ass will follow.” We can start by rejecting war as a verbal placeholder for policy initiatives, while verbally declaring peace on people, places and things – starting with our very own hearts and minds. Perhaps the day will come when we can celebrate a final victory over war itself. ◀

www.olscribbler.wordpress.com

9/11: Have we been bamboozled by the US government?

Here are four stories that didn't make the mainstream news. They range from some you will find easy to believe to some you'll find incredible.

If you want to know more about the fabrication of 9/11 and you're tired of the lies we've been told or want new independent information, you'll want to attend The Vancouver Hearings, June 15-17 at the Denman Theatre, 1737 Comox Street in Vancouver. www.911vancouverhearings.com.



The towers did not collapse. They were blown apart.

Story 1 The "collapse" that wasn't a collapse

Videos show Flight 175 completely entering the South Tower before it explodes, when that should have happened on contact. Would you believe that Pilots for 9/11 Truth has studied air/ground communications and discovered that Flight 175 was in the air but over Pittsburgh at the time?

<http://pilotsfor911truth.org/ACARS-CONFIRMED-911-AIRCRAFT-AIRBORNE-LONG-AFTER-CRASH.html>

Did you know the fires in the tow-

ers did not burn hot enough nor long enough to cause steel to weaken, much less melt? Have you noticed those buildings are blowing apart in every direction rather than falling to the ground – that they did *not* collapse?

<http://jamesfetzer.blogspot.com/2010/02/new-911-photos-released.htm>



The guy they hanged and the real Saddam

Story 2 The first death of Saddam Hussein

How about the hanging of Saddam Hussein? You probably saw it on television. It was widely broadcast at the time. But Saddam Hussein, his two sons and about 60 members of his general staff were killed on April 7, 2003.

<http://www.veteranstoday.com/2012/05/12/ed-schultz-and-the-mission-accomplished-fiasco/>

Chris Wachter, a B-1 bomber pilot, took them out with 2 JDAM bombs at a restaurant on the outskirts of Baghdad. He was lionized when he returned to his base, put on CNN, awarded the Distinguished Flying Cross, and honoured by The Rev. Robert Schiller at The Crystal Cathedral on May 25, 2003.

<http://twilightpin.es.com/media/cwachter1.mpg>

The following day, he was flown back to Langley, VA, home of the CIA, and told that, while they admired his flying skill, "officially," Saddam had gotten away. Killing the leader of a foreign nation had been made illegal by executive orders from three presidents: Reagan, Carter and Ford. So they put one of his doubles in a spider hole, "found him" and then tried him and hung him on December 30, 2006. Almost no one noticed the difference.



Two Osamas: The real and a fake

Story 3 The second death of Osama bin Laden

Everyone knows that Barack Obama took out Osama bin Laden during that daring raid on his compound in Pakistan, right? There was a famous photograph of Obama, Biden and Hillary watching as it went down.

<http://www.dailymail.co.uk/news/article-1382859/Osama-bin-Laden-dead-Photo-Obama-watching-Al-Qaeda-leader-die-live-TV.html>

However, Leon Panetta, Director of the CIA, explained there had been no coverage for the first 20-25 minutes and these assaults only take five minutes or less. Osama bin Laden actually died of medical complications on December 15, 2001 and was buried in an unmarked grave.

Scholars for 9/11 Truth published edi-

torial about it. David Ray Griffin wrote a book on it, *Osama Bin Laden: Dead or Alive?* Nicholas Kollerstrom wrote his article, "Osama bin Laden: 1957-2001."

<http://jamesfetzer.blogspot.com/2011/05/osama-bin-laden-1957-2001.html>



A Boeing 757 would have been twice as large.

Story 4 What didn't happen at the Pentagon

The official account claims a Boeing 757 hit the Pentagon, but there's no massive pile of debris, no wings, no tail, bodies, seats or luggage. Not even its massive engines were recovered from the building even though they are virtually indestructible – they weren't there.

<http://jamesfetzer.blogspot.com/2010/01/what-didnt-happen-at-pentagon.html>

The plane is supposed to have skimmed the ground at 500 mph and taken out a series of lampposts en route to its target. But "ground effect" makes that impossible and those lampposts would have ripped off the wing and exploded the jet fuel stored inside it.

<http://www.veteranstoday.com/2012/03/13/911-the-official-account-of-the-pentagon-attack-is-a-fantasy/>

It didn't happen. And the only photo the Pentagon has provided shows a plane that is far too small to have been Flight 77. ❏

Jim Fetzer is a former Marine Corps officer, the founder of Scholars for 9/11 Truth and a journalist for **Veterans Today**. He has written dozens of articles on subjects like 9/11 and JFK.

common ground

Every month, 1/4 million
Common Ground readers
seek out our resource directory
to find services and businesses
in alignment with their values
We offer frequency bonuses
three sizes of listings
and a wide range of categories

To book your listing email Sonya
sonya@commonground.ca

Advertising deadline
the 15th of the month prior

resourcedirectory the best place to be



Books • Art • Music • Culture	29	Intuitive Arts	33
Business Services & Opportunities	29	Nutrition	33
Dentistry	30	Psychology, Therapy & Counselling	34
Education & Certification	30	Restaurants / Vegetarian	35
Health & Healing	31	Spiritual Practices	35

BOOKS • ART • MUSIC • CULTURE

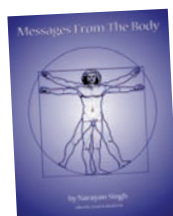


**YES YOU CAN
SING!**
Lynn McGown
singing teacher /
vocal coaching

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided

to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca



ARE YOU SEARCHING FOR THIS BOOK?

MESSAGES FROM THE BODY by Narayan-Singh

A "dictionary" of the psychological and sometimes sacred meanings of hundreds of disturbances ranging from sneezes to cancer. This reference book is of inestimable value to those looking for answers and insights beyond the traditional medical model. 387 pp, \$55.00

Excerpt: INABILITY TO SLEEP

"Red-orange alert." They are on intense vigilance and "hair-trigger" reactivity. They don't dare to relax because they don't trust the process of life. They have a disturbed mental condition due to a subconscious shock and/or a chronic state of "red-orange alert." There has now also been an "emergency preparation"

activated by current circumstances. They labor under a great deal of guilt and fear over imagined failures and their consequences. It arises from their having been the "sane one" in a severely dysfunctional family.

Lynne R Henderson Publications
www.lynnhenderson.com
604-264-0801

BUSINESS SERVICES & OPPORTUNITIES



AXLEALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located between Kits and Main
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

Hours: Monday - Saturday
8 AM - 5 PM
396 5th Avenue West (at Yukon)
Vancouver, BC
V5Y 1J5

• Check out our website for 43 free
downloadable fuel saving tips.
Book an appointment online.
www.axlealley.ca
604-875-9988

*I'd put my money on the sun and solar energy. What a
source of power! I hope we don't have to wait 'til oil and
coal run out before we tackle that.*

– Thomas Edison



CARS BY HANK
www.carsbyhank.com

Need help buying your next car?
I find and sell the finest used cars in B.C.
I sell makes and models that my
37 years experience with cars have proven
to be dependable. D10566 PS autosales.
Call Hank Melanson, 604-739-8494.

DENTISTRY



North Vancouver
**Cosmetic
and Laser
Dentistry**

Dental Materials Biocompatibility test. Safe removal of mercury fillings, Metal Free restorations, Cosmetic dentistry, Metal Free orthodontics, Sedation dentistry, Laser Dentistry. New patients welcome.
www.drnasimanderson.com
1108-160 E. 14th St., North Vancouver
604-987-7272



Dr. Talebian & family

**Quality care with
a sense of home
comfort**

Dr. K. Talebian
D.D.S., F.D.S.R.C.P.S

northvancouverdental.com

Metal Free Restorations • Cosmetic & Implant Dentistry • Orthodontics (Braces & Invisalign) • Endodontic • Oral Surgery (& wisdom teeth) • Periodontics (Gum Treatment) • Sedation & Emergency Services • Teeth Whitening.
North Vancouver Dental Clinic
619 E. 4th Street, North Vancouver
604-988-8384 nvdental@shaw.ca

EDUCATION AND CERTIFICATION



**Journey
to the
Centre
of Yourself**

www.selfinpeace.com

This program of guided relaxations and visualizations constitute a very simple, refreshing way to get to know yourself, rest and reduce stress.

The program was elaborated by merging ancestral spiritual development techniques with modern ways of personal development

and psychology and has proven to be effective for thousands of users in the following areas:

- well-being
- self-knowledge
- development
- mental health
- spiritual development

Program highlights:

- 18 sequential exercises, designed to open the potential of your unconscious mind and wisdom of your body in a gentle and stable way.
- Each track has been charged and enhanced with healing energies by Dr. Carlos de León.

Purchase at www.selfinpeace.com



COMMUNICATION SKILLS TRAINING: Enrich your most significant relationships. Learn skills that will dramatically enhance your ability to be truly understood and acknowledged; clarify goals and priorities; vastly improve listening skills, empathy, memory, confidence and sense of empowerment. Fun, powerful, transformative, effective.

BRUHANSKI ACTING STUDIO is a safe, dynamic creative space for actors to learn the foundational skills to perform with honesty and artistry; and for the non-actor, an opportunity to develop greater empathy, imagination and self confidence.

ALEX BRUHANSKI: Seasoned actor, director, and master teacher, Alex has taught in Vancouver, L.A. and Montreal; was an artist in residence at the Gestalt Institute of Canada; led workshops in prisons and in the mental health community; and volunteered in palliative care programs.

www.bruhanski.com 604-879-2080



Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only \$5,500US. Part-time (12 month) and Full-time (7 month)

programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm

ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemau.com



Most courses tax deductible

Reflexology Training Courses

Reflexology is taught and practiced as an intuitive healing art. Courses provide structure that supports you in developing an intuitive sense of reflexology with a holistic orientation.

Holistic Reflexology: An Introduction

Informational evening talk and "hands-on" presentation, \$10. See Datebook.

Basic Foot, Hand or Ear Reflexology Certificate Courses: Twenty hours expert instruction, 40 hours practicum plus 10 hours home study prepare you to practice reflexology competently. \$395.

Advanced Reflexology Certificate Courses

Expand your knowledge to develop your effectiveness to a professional level. \$395.

Courses offered year round. See Datebook.

Courses accredited CMTBC, RAC.

Pacific Institute of Reflexology

535 West 10th Avenue @ Cambie

Vancouver, B.C. V5Z 1K9

(604) 875-8818

www.pacificreflexology.com

chrisshirley@pacificreflexology.com



**Out of Body
Experience
Guide**

www.obeguide.com

We offer workshops on practical techniques and methods to experience an **out-of-body state, lucid dreaming, or astral projection (The Phase)**. Participants learn how to enter, control and apply *The Phase* for: Traveling the world, space and time; Finding information; Self-healing; and Contacting deceased. **Download free e-book.**

*It's not what you don't know that hurts you, it's what
you think you know that ain't so.*

– Will Rogers

**The
Pacific Institute
of Advanced
Hypnotherapy**

New Westminster, B.C.
www.hypnotherapyBC.com



Be a Certified Clinical Hypnotherapist

160 hour course. PCTIA registered. IMDHA certification. Accepted as an elective, University of Alberta, Dept Family Medicine. Diplomas earned: Clinical Hypnotherapist, Hypnotist, Master Hypnotist. 778-397-7714 hypnotic@shaw.ca Sherry M. Hood M.H., C.Cht. is a smoking cessation specialist.



**Edison
Institute
of Nutrition**

1-800-456-9313 • www.edisoninst.com

Training Nutrition Professionals

Worldwide. The most complete holistic nutrition correspondence course.

Introductory Course, Practitioner & Masters

Diploma in Nutrition. Accredited by

Canadian & U.S. nutrition associations.

Call for our course catalogue.

Expect Wonders!

Registered Doctor of TCM
Former Instructor of TCM
at Langara College
29 Years Clinic Experience
Extended Care & MSP Accepted
116 - 828 West 8th Ave
Vancouver: 604-876-8618
www.chinese-medicine.ca



Dr. Peter Zhou, is a qualified MD and a former hospital director in China. He has been practicing in Vancouver since 1997, treating skin and pain disorders with a 95% success rate. Patients from England, Norway, France, Australia, Singapore, Fiji and Japan have sought his treatments.

Skin Disorders

- Eczema
- Skin rashes
- Skin allergies
- Psoriasis
- Rosacea
- Dermatitis
- Acne
- Shingles
- Herpes
- Hives
- Vitiligo
- Wart

Pain & Other Disorders

- Neck and back pain
 - Bell's palsy (highly effective)
 - Headache, Sciatica
 - Arthritis, Tendonitis
 - Disc Syndrome
 - Stress and Depression
- Please read our Online Testimonials.



Wellspring Vision Improvement Program

Making a positive difference

Dr. Weidong Yu

www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be

beneficial for patients with conditions such as:

- * Retinitis Pigmentosa
- * Macular degeneration
- * Glaucoma
- * Eye Bleeding
- * Red eyes, Dry eyes
- * Eye fatigue
- * Far sightedness
- * Blurry Vision

For appointment, please call 604-737-7876

Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC



PACIFIC Institute of REFLEXOLOGY

Most courses tax deductible

Enjoy Deep Blissful Relaxation!

Reflexology is taught and practiced as a potent, safe way to free stress and tension, relieve pain, improve circulation, and facilitate natural healing. Stimulation of foot, hand or ear reflexes revitalizes your whole body naturally.
One-hour private sessions: \$60.
Student Clinic: Tuesday evenings. Rejuvenate

yourself, you deserve it! **1hr sessions only \$20.**
"FOOT REFLEXOLOGY: A Step-by-Step Guide." DVD or video. Enjoy pleasurable, quality time with family & friends: **\$22.95.**
Training: Basic & advanced certificate courses prepare you to practice holistic reflexology competently and professionally: \$395.
See Education and Certification Listing.

Books, charts and self help tools available. Enquire about franchise opportunities.
Pacific Institute of Reflexology
535 West 10th Avenue @ Cambie
Vancouver, B.C. V5Z 1K9
(604) 875-8818
www.pacificreflexology.com
chrisshirley@pacificreflexology.com



Real Wealth is Good Health

Jasmohanjit K Gill

Natural Health Consultant & Educator
www.naturalhealthscience.ca

We will measure the function of your whole body system, using **Electronic Biological Testing** and **Live and Dry Blood Analysis** to determine how close you may be to developing – diabetes, heart disease, high cholesterol, insulin resistance, problem hormone levels, menopausal symptoms, and accelerated aging.

Our testing shows – heart rate variability, oxygen uptake, body tissue condition, neurotransmitter levels, function of parasympathetic and sympathetic nervous system, organ system function, and autonomic nervous system conduction. We will provide you with customized dietary advice to relieve chronic fatigue, depression, migraine, body

pain, arthritis, allergies, memory loss, digestive disorder, constipation, acidity, food cravings, weight gain, gallstones, acne or other skin problems.
To improve your health in a safe and natural way, call 604-767-4445 for a free initial phone consultation.
Or email info@naturalhealthscience.ca



Tian Chi Traditional Chinese Medical Centre

Thomas Cheng
Registered Acupuncturist & Herbalist
2225 Kingsway, Vancouver
778-862-5466 / 604-568-8079
tianchichinesemedicine@shaw.ca

Thomas Cheng has over 27 years of clinical experiences in both China and Canada including 14 years of service in the Chinese Army as a military doctor.
We provide these services:
Diagnosis, Natural Herbal Medicine, Acupuncture, Acupressure & Massage, Reflexology, TCM Cosmetology

We mainly provide treatments for:
neck & back pain, headache, insomnia, depression, diabetes, frequency of urination, kidney problems, skin allergies, gout & arthritis, hemorrhoids, high blood pressure, stroke, coronary heart disease, and tumors.

Our Specialty:
Prostate problems including prostatitis, prostataxe, prostate tumour and prostate cancer, etc.

We accept:
MSP, ICBC, WCB & Extend Care



expert diagnosis

SKIN DISEASE TREATMENT

Extended Care

Dr. Andy Zhou (PhD) is a renowned Professor of TCM, Dermatologist, President of Dermatology Society of TCM, Registered Doctor of TCM, and Acupuncturist. He has worked with people worldwide and successfully treated most of his patients with his unique, herbal formulas. He has provided expert diagnosis in Vancouver since 1996.

- Psoriasis
- Eczema
- Atopic dermatitis
- Dermatitis
- Acne
- Vitiligo
- Hives
- Skin allergies, Rashes, Itching

Dr. Andy Zhou, PhD, DR. TCM
Skin Disease Centre
of Traditional Chinese Medicine (TCM)
Regent Medical Building
330-2184 West Broadway (@ Arbutus)
Vancouver, BC, V6K 2E1
By appt: 604-736-6060
www.TCMdermatologist.com



Seminars & intractable diseases

Extended care & MSP accepted
International Acupuncture Academy of Bupendra Techniques
119-2238 Kingsway, Vancouver
604-873-4661 604-771-8678 604-432-9009

Prof. B.K. Singh, Acupuncturist, President, Dean, visiting professor, B.Sc., M.B., B.S, D.Ac., Ph.D., D.Litt., D.Sc. Laureate, Royal Order & Albert Schweitzer. Medical doctor from India, 40 years clinical, teaching, research, & publication experience in 40 countries, pulse expert, authored 20 books, 153 research papers.

Recipient, international awards. Designer, provider of acupuncture & TCM programs, Langara College, 1999-2001.

Bupendra Techniques treat sexual disorders, ED, infertility, cosmetic breast correction, body deformities, obesity, palsy, parkinsonism, strokes, muscular dystrophy, migraine, arthritis,

backache, spondylosis, fibromyalgia, Alzheimer's, carpal tunnel, asthma, sinusitis, optic atrophy, retinitis pigmentosa, deafness, insomnia, depression, diabetes, Crohn's, hypertension, psoriasis, dysmenorrhea, edema, autism, addictions, multiple sclerosis, hyperactive bladder.
www.bupendratechniques.com



Be Amazed!

Alex Yim, 嚴子龍 醫師.
Acupuncturist Clinics:
China Town
729 Gore Ave., Vancouver
Sunshine Coast
441, Marine Dr., Gibsons
604-649-0867

Alex Yim, 嚴子龍, 18 yrs clinical experience. Besides acupuncture, he uses myofascial point injections & prolo-therapies for chronic pain & sport injuries. Lipo/Cellulite Dissolve therapy to help weight-loss, treat arthritis, inflammation, high blood pressure and tumors.
Testimonial (Chronic Fatigue & Fibromyalgia): 2 sessions and I feel 100%

better & my energy level is much greater. I highly recommend Alex. Betty P., Gibsons.
Testimonial (Knee Pain): I suffered knee pain and swelling. After only 1 treatment my pain stopped and I have been running for the last 2 years. It's amazing! AP, Gibsons.
Testimonial (chronic back pain): A year of pure hell relieved. Family, friends &

myself can't believe my mobility. RH, Gibsons
e-Feng Shui, e-Numerology service
Want to improve your wealth, health and happiness, or check the cosmos energy in your home or office? Email your details & questions. This service is done on-line.
byim88@yahoo.ca
www.AcupunctureCancerClinic.com



Valerie Kemp

CranioSacral
Barbara Brennan Healing
Lymph Drainage Therapy
604-739-9916

With over 20 years experience in holistic healing and bodywork, Valerie adds to her in-depth study and client experience with **Craniosacral Therapy, Somato-Emotional Release, Myofascial Unwinding and Lymph Drainage Therapy** etc. her most recent six-year advanced study at the **Barbara Brennan School of**

Healing including chakra and auric field multidimensional energy healing. She works gently and electively to co-create with you healing for **physical, emotional, mental, spiritual and soul** issues to provide the most complete experience. As well as working with clients, Valerie confidentially mentors other healers/

practitioners locally and internationally through phone/Skype sessions with their own personal process and professionally, in support of their clients. **Long-distance phone/Skype sessions** available.
Can now return calls within 24 hours.
Appointments in Vancouver:
604-739-9916

TRUTH radio www.blunt.fm

Gain a deeper understanding of chronic disease, medicine, science, politics, current events, religion and spirituality. Host Bryan Farnum's powerful, spiritual gift accurately discerns truth that heals the body/mind/soul, reduces human suffering, and brings world peace.
www.blunt.fm www.onlygodheals.com

Success is not final, failure is not fatal. It's the courage to continue that counts.
– Winston Churchill

ADNC NEUROFEEDBACK CENTRE
Biofeedback, Hypnotherapy, Shiatsu, Reflexology, SLP. Transform your focus & performance now. Mind & body Self-regulation. Non-invasive & Drug Free. Relieve Headaches, ADHD, Anxiety, Insomnia, Autism, TBI, Seizures & Speech Difficulties.
604-730-9600, www.neurofeedbackclinic.ca

HYPERBARIC OXYGEN

The Key to Healing
1-800-215-1714

Autism, Stroke, Brain Injury, Cancer, Dementia, Cerebral Palsy, Diabetic Ulcer, Non-Healing Wounds, Fibromyalgia, Chronic Fatigue, Multiple Sclerosis (MS), Post-Polio, Lyme, Parkinson's, Alzheimer's, Migraine, RSD, Sports Injury, Crohn's, Colitis, Raynaud's, Pre-Post Surgery, Huntington's, Rheumatoid Arthritis.

CranioSacral Vancouver
604-833-3151
www.craniosacralvancouver.ca

- Migraines • Neck, Back Pain • Sinuses
- CNS Disorders • Learning Disabilities
- Scoliosis • Chronic Fatigue • Emotional Difficulties • Stress, Tension • Fibromyalgia
- Connective-Tissue Disorders • Neurovascular & Immune Disorders • Post-Traumatic Stress Disorder • Post-Surgical Dysfunction

GRAND OPENING!

WonderPoint
WELLNESS CENTRE
Massage & Acupuncture
Traditional Chinese Medicine (TCM)
604-282-6227 604-336-0783
OPEN 7 DAYS A Week! 10am - 10pm
4071 Kingsway, Burnaby
www.wonderpointwc.com

Do you prefer non drug therapies?
Do you have any kind of persistent pain?

- We offer acupuncture and many styles of massage therapy to suit your individual needs.
- Enjoy whole refreshment for body and soul.

First they ignore you, then they laugh at you, then they fight you, then you win.
– Mahatma Gandhi

One free Architectural Design Consultation per survey

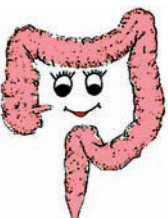
Electro Magnetic Field Risks

Get Tested !
EmfArchitect.ca
604 872 4498

Professional EMF meters to assess your home or building. Checking extremely low and high intensity Electro and Magnetic Fields and Microwaves. Replanning suggestions by architect might include changing beds, especially cribs, couch or desk where fields are concentrated. \$55 hour.

PRANIC HEALING & Reiki
angela paterson
604.970.5556

A healing with Angela consists of channeled information revealed before and during your session. Pranic Healing can provide relief from various physical ailments and emotions like obsessive thoughts, rage, anxiety, heart-ache and much more. **70 min. session \$60.**
Distance Healings available.
www.angelapaterson.com



THE HAPPY COLON

since 2000

Elena Lopez

I-ACCT certified
colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: **604-525-8400**
360 - 522 7th St., New Westminster, B.C.

Qwest 4 Health
• LIVE BLOOD ANALYSIS
• IRIDOLOGY
• pH ASSESSMENT
• QUANTUM BIOFEEDBACK
www.qwest4health.ca

COMPLETE HEALTH EVALUATION
Get a powerful insight into your own body regarding: pH imbalance – allergies – parasites – candida – digestive difficulties – inflammation – anemia – heavy metal – immune disorders – toxic stress – nutritional deficiencies – hormone imbalance – cholesterol – circulationand many more
Office: 604-531-3480 **qwest4health@shaw.ca**

HEALTH & HEALING

TCM 
Holistic Health Solutions
Hamilton Acupuncture Clinic
878 Hamilton St. Vancouver
www.tcm-acupuncture.ca

• **Claire KAO** (Reg. Acupuncturist and Aura-Soma Colour Therapist) • **James HUANG** (Therapeutic Qigong Tuina Massage Master)
• We specialize in Energy Tuning Acupuncture and Qigong Tuina Massage.
Combined 48 yrs Clinical Experience Worldwide.
Call NOW for a free phone consultation
604-633-0998 Mon-Sat, 10am-7pm

Vancouver
Colon Hydrotherapy
South Granville Naturopathic Clinic
604-738-3858
• Naturopathic Physician Directed
• Covered by Extended Health

Detoxify & Feel Great!
Lose Weight
Improve Energy & Mood
Resolve Constipation & Bloating
Restore & Optimize Your Health

#212 - 3195 Granville St., Vancouver
www.DrLederman.com

INTUITIVE ARTS



Geri De Stefano-Webre
Ph.D.
604-649-5590
PsiTherapy@gmail.com

PsiTherapy© is a unique blend of Dr. Geri's psychic and therapeutic abilities.

As an internationally- respected psychic she has been able to provide insights to thousands of clients around the world. Dr. Geri offers a choice of concise and accurate readings to fit your needs.

"The reading I had with Geri was one of the most educating readings I have ever had... She touched on some things only I know about myself; no other psychic has ever mentioned some of those things..."
- V.C., S.F. Ca.

Private and confidential sessions provide solutions you need to create a Life you love!

Telephone readings ongoing.
Intensive Psychic Development Class
Info: www.DrPsychic.net
MC, Visa
1-877-266-7337



**As for Within
as Without**

call Maria at
604-277-9603

Feng Shui 2 Charmed Life

Feng Shui 2 Charmed Life "As For Within as Without"

Our environment, our homes or offices are mirrors of ourselves. They reflect our interests, our beliefs, our passion and most of the time our unconscious way of living. They tell a story about how we feel about ourselves,

about our lives. With the help of Feng Shui the areas in our lives can be rejuvenated and renewed.

For Holistic Feng Shui Consultation please call 604-277-9603.

Create a Charmed Life Coaching Inc. & Feng Shui 2 Charmed Life

Our Mission is to bring happiness into people's lives as they learn to align their minds and spirits with their goals in life. This is supported by transforming their homes and offices into a healthy and harmonious entity.

**Granville Island
Psychic
Studio**
Phone
Readings
Vancouver
Canada & USA
1-888-734-3354
www.psychicstudio.ca

HOME TO VANCOUVER'S BEST PSYCHICS, since 1996. Walk-ins welcome 7/7 11 to 5. Empower your life: Tarot, Palms, Reiki, Healings, Mediumship, etc. Across from The Keg, Marina Side.
1526 Duranleau St. Ph: 604-734-3354.
Info/map: www.PsychicStudio.ca



IT IS TIME
Meg Watson
Private Sessions/Readings
Healings and Classes
604-536-1565
findyourheartwisdom@gmail.com

Choose to Evolve
Energy Movement
Find your Heart Wisdom
Align your Chakras
Develop your Energetic Awareness
Know your Centre
Heal the past, intend your future
Be in the present...ACT!



**Loving is easy...
just ask any
five-year-old!**

Personal consultations are now available with Reimut.
~ Relationship and Dating Counsellor
~ Author of "Easy Relationships - The Handbook for Happiness"

ThePhoneCounsellor.com
604-688-3001



Michael Hey
Whale Channel, Healer
& New Energy Guide
604-600-4912
michael@seaofheartlight.com
www.seaofheartlight.com

"Dear Human: You wish to know more about the depth of this experience as everything is shifting within and around you. We call this an awakening. Let us embrace you and guide you back into your own heart."
- Aurora (a Beluga whale).

*To know and not to do is
not yet to know.*
-Zen Saying

DR. ANNE MCMURTRY
**Channelled Readings, Reiki
& Crystal Healing**

ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219, VANCOUVER.



Elizabeth
**Psychic
Energy
Readings**
For Heart, Health & Home

I specialize in channelled life readings that empower you to change. From healing health problems, resolving relationship issues, to freeing your home from negative energy, let me help you remove blockages preventing you from moving forward.
Telephone Readings. Paypal available
604-512-1519 falcon56@telus.net

NUTRITION



Books for vegetarians, vegans, raw foods enthusiasts, healthy eaters, and those changing their diets due to health concerns: these best selling books plus *Raising Vegetarian Children* (not shown). Available online, through all bookstores, and Banyan. Or arrange a consultation with dietitian/author Vesanto Melina.



Address weight, health, pregnancy, childhood, through senior years. A personalized 2-1/4 hour consultation (\$282 with tax) includes dietary analysis; recipes; menu planning; nutrition for busy people; practical food tips.
604-882-6782
www.nutrispeak.com



Therapy of the Whole Person
John Arnold Ph.D.
 Therapist /
 Counselor since 1975
604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK,

it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered

and resolved. If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788** or visit my web page at www.members.shaw.ca/johnarnoldphd/

FREE YOURSELF

Jaminie Hilton
 RCC
 Masters in Counselling,
 Chemical Dependency
 Certificate



Discover your personal strength - it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create the life you deserve.**

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

CALL ME FOR INFO ON EMDR

- Creative/Career Blocks • Addictive Behaviours
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression • Anxiety • Grief/Loss

• Relationship (from romantic to roommates) I have 20+ years experience as a therapist with adults, adolescents, and couples. Clinical Supervision Available.

For free initial consultation or information call: **604-802-4126, VANCOUVER**
www.jaminiehilton-counselling.ca



ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
 M.Ed. (Counselling)
 Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!

Success Coaching

Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting

them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.

604-871-4342
transformance@mac.com



CORE BELIEF ENGINEERING
 Founder, **Elly Roselle**
 PCTIA Registered
 (604) 536-7402
www.corebelief.ca

Are you ready for real and lasting change in your life? Core Belief Engineering has been getting results since 1985 by revealing the core belief systems motivating all of our behaviours. Through a gentle dialogue with aspects of your mind, you identify and transform limiting beliefs into a life-enhancing base that supports your conscious choices.

CBE is for you:

- If you are looking for a breakthrough in your life
- If you want to free yourself of limiting patterns and compulsive behaviours
- If you want to open and strengthen your connection with your own deeper consciousness.

CBE works holistically with your mental, emotional, physical, spiritual and social beliefs and concerns.

Founder Elly Roselle offers private sessions and a PCTIA registered certification program.

(604) 536-7402 – www.corebelief.ca



Life Coaching
 Trish Lim-O'Donnell, C.C.P.
 • Couples
 • One-on-One Coaching
 • Telephone Coaching
604-544-2902
 Cell: 503-701-5102
trishlimodonnell@aol.com
www.trishlimodonnell.com

Live a joyous life by connecting with your passion; being who you are; engendering your soul-mate relationships; healing your family relationships; and integrating spiritual consciousness for health and happiness. You will break through to your own light and wisdom.

Now 50% off regular hourly rate for June.

I do not try to dance better than anyone else.

I only try to dance better than myself.

– Mikhail Baryshnikov



HYPNOTHERAPY
Jackie Maclean
 Clinical Hypnotherapist
 The Power Within
604-551-4986
www.thepowerwithin.ca

FREEDOM from insomnia, migraines, pain, fears/phobias, stress, anxiety, panic attacks, anger, depression, ADHD, OPD, stuttering, nail biting, **addictions:** tobacco, alcohol, cocaine, c.meth, pot, food, gambling and abuse. **Learn SELF HYPNOSIS...GAIN CONFIDENCE.**

2 locations: Vancouver & Langley.

"Life Between Lives"



Past Lives & Spiritual Regressions
Rifa Hodgson, CCHT
 The first certified & practicing
 LBL therapist in Canada
1-888-606-TIME (8463)

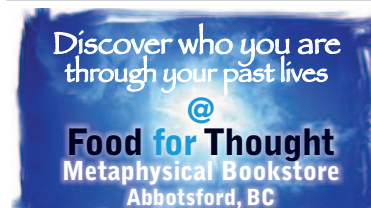
"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges." - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.

Offices: West Vancouver and Gibsons
604-741-7944
www.lifebetweenlives.ca



CanPeace Consultants Inc
Bringing People Together
604-676-3555

• Creating Effective Relationships
 • Conflict Resolution • Mediation
 CanPeace brings focus, clarity and a fresh perspective to your personal situation. Call for your **FREE** initial consultation.
555 Burrard Street, Suite 900
www.petersammarco.com
 by appointment only



Can regressional hypnotherapy uncover origins of health and other concerns? Do we create our destiny in our 'Life Between Lives'? Hypnotherapist Jonny Enoch CCHT, uses techniques like Dr. Michael Newton uses in 'Journey & Destiny of Souls'. **Call for appointment. 604-853-9027**
www.foodforthoughtbookstore.ca

RESTAURANTS

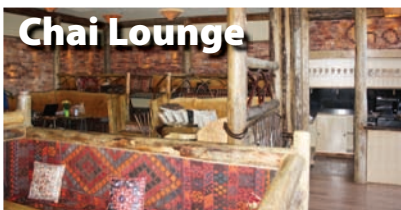


Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver 604.872.8779 www.nirvanarestaurant.ca



ORGANIC BROWN RICE
ORGANIC GREENS
NO ADDITIVES
MSG FREE

SHIZEN YA is the first Japanese restaurant in Vancouver to serve organic brown rice sushi, organic greens and a vegetarian-friendly menu. Proud partner of Ocean Wise. Mon-Sat 11:30am-10pm (closed Sunday) 1102 W.Broadway (604-569-3721) and 985 Hornby St (604-568-0013) <http://shizenya.ca>



Chai Lounge. Experience the East at the new Chai Lounge. Enjoy exotic food and the finest, tastiest selection of vegetarian, vegan, gluten-free and meat dishes, from the folks at East is East. Open 7 days/week, 6-11PM. Live music, licensed. 4433 Main St. @ 28th Ave. For reservations, call 604-565-4401, www.eastiseast.ca



"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - Owen Williams, *Common Ground*
Visit our new location
4413 Main Street @ 28th 879-2020

VEGETARIAN RESTAURANTS



Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by Chef Ho formerly of **Bodai**. Open 6 days a week from 11am to 3pm and 5pm to 9pm, closed Tuesdays. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards. Call for reservations. 604-873-3848.



"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner. 2724 West 4th Ave. 604-738-7151.

SPIRITUAL PRACTICES



Welcome to a spiritual home that honours all paths to God. Find spiritual tools here to make your life and the world a better place.

We are an open, affirming spiritual community.

June Theme: The Power of the Master Mind
We are exploring Napoleon Hill's best seller, *Think and Grow Rich*. 13 principles for living a successful, abundant life!
Small groups make applying the principles easier. Groups are open, meeting weekly through August. Check our website Calendar page for events and updates.

SUNDAY MEDITATION: 10:15 am
CELEBRATION SERVICE: 11:00 am
Maritime Labour Centre, 1880 Triumph St. between Hastings & Powell @ Victoria
Free parking lot on Pandora
csl.vancouver.org
See us on Facebook, Twitter and YouTube
Info: 604-321-1225



MEDITATION & ECOLOGY CENTRE
11011 Shell Rd, Richmond, BC
Sundays: Meditation /Satsang, 10am-12 noon
Adult & Children's Programs are concurrent
Vegetarian Lunch Following.
Wednesdays: Adult Program, 7-8:45 pm

~ All are WELCOME. Programs are FREE ~

Enlightened Living FREE Classes:

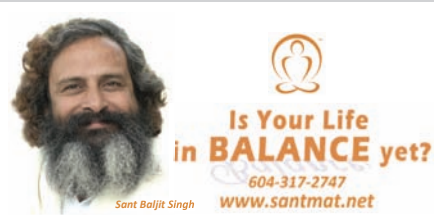
- **Documentary Movie Night:**
"Forks over Knives"
Saturday, June 16, 7 PM
- **Meditation for Life** - Classes on the Theory & Practice of Jyoti Meditation
Call for schedule, curriculum & readings to study. Drop-ins welcome.

Info for Richmond & Vancouver and to Pre-Register: Linda, 604-985-5840

"When we look at life through the eyes of the soul, we witness God in even the humblest and most grotesque of creatures. With that angle of vision we develop love for all that exists."
~ H.H. Sant Rajinder Singh Ji Maharaj



Learn Meditation - FREE
Sufi Meditation every Wednesday at 730pm
Call for Spiritual Counselling: 604-980-7007
"There are as many Ways to the Divine as there are Breaths of Humankind" -Sufi Mystic
3660 East Hastings, Vancouver
www.sufimeditationcenter.com



Simple changes can bring more meaning to your life, create happiness and well-being.
Ongoing free programs on the spiritual practice of meditation on inner Light and Sound. Every Tuesday, 7 pm.
Location: Pacific Institute of Reflexology
535 W. 10th Ave, Vancouver
Free parking in the back.

Advertise to 250,000 monthly readers in our Real Estate Listings Section
To advertise call 604-733-2215
or email: alastair@commonground.ca





International College of Traditional Chinese Medicine of Vancouver

**A Rewarding Career
in Natural Health Care**
**Over 25 years of excellence
in TCM Education**

*Diploma programs
start September 17:*

**Doctor of TCM
Licensed TCMP
Licensed Acupuncturist
Licensed TCM Herbalist**

**Very high passing rates
in CTCMA Board Exams.**

Eligible for HRSDC Funding
and Student Loans
We accept transfer credits

*120-hour Certificate Program
starts July 30:*

**Chinese Tui-Na Massage
Program (2 months)
Accredited by PCTIA**

CLINIC OPEN TO PUBLIC

Busy Teaching Clinic
Free consultation
Very Low Cost on Treatments

Professional Clinic
Dr. Henry Lu Ph.D.
Dr. Laina Ho Dr. TCM

We treat pain, gynecological
disorders, allergies, arthritis,
depression, other chronic
conditions and much more.

**FREE info sessions
on programs**

Thursdays 2 - 4 pm
June 7, 14, 21 & 28



Call 604-731-2926
info@tcmcollege.com
www.tcmcollege.com

201-1508 W. Broadway
Vancouver, BC. V6J 1W8
SOLE Campus in Vancouver,
no other locations.

Events/Datebook

For rates & placements email
datebook@commonground.ca

JUN 1-3

Three one-day Vertical Reflexology Courses
with Lynne Booth (developer of Vertical
Reflexology visiting from UK) Cost: \$200 per
course. Pacific Institute of Reflexology
(604) 875-8818, www.pacificreflexology.com

JUN 2

**The Great Bear Rainforest: A Celebration
of Nature, Music & Dance.** Fundraiser for
PacificWild.org Evening concerts at Trout Lake
Community with Buckman Coe, Shine, Pepe
Danza and others. Guest speaker Chief Phil
Lane Jr. Tickets & info:
www.thegreatbearrainforest.org

JUN 4

Solve Life's Problems With Ease. Shift into
infinite potential with the Yuen Method. Special
teleconference June 4: 6PM Pacific, 7PM
Central & Mountain, 9PM Eastern. Divorce
Detox. Clear a path to harmonious resolution.
With Colette Stefan. Upcoming events & free
gift at www.crystallinevision.com
colette@crystallinevision.com,
1-306-584-9135.

JUN 15-17

Introduction to Foot Reflexology commences
Certificate Weekend Training Course.
Introduction 7.30 pm \$10; Course \$395. Pacific
Institute of Reflexology 604-875-8818,
www.pacificreflexology.com

JUN 15-17

Open Invitation to the 9/11 Truth Community: All
welcome. Join us at The Vancouver Hearings.
The Denman Theatre, 1737 Comox Street,
Vancouver. www.911vancouverhearings.com

JUN 17

J. Krishnamurti with A. Anderson on Order.
Free DVD showing, dialogue, refreshments.
Vancouver Public Library downtown, 7th
floor, Board Breakout Room, 2PM. Register
at meetup.com/krishnamurtigroup@live.com,
604-354-1534.

JUN 17 & 25

Chor Leoni Men's Choir takes you to the movies
with Reelidiculous, a madcap take on songs

from the screen. Mainstage Tent, Bard on the
Beach, Vanier Park. info@chorleoni.org, 604-
739-0559.

JUN 23

Make, Shake, & Take: 20th annual Little
Mountain Riley Park festival. Free all-ages,
intercultural, interactive community event. Live
music, dance, food, arts/crafts, community
booths, gardening workshops, children's
activities. 11AM-3PM. Riley Park field. (Ontario
& 30th) Info www.lmhs.bc.ca
or www.hillcrestcentre.ca

JUN 30

Walk for Peace Vancouver 30th Anniversary.
Join us at Kits Beach at Noon to Walk for Peace
over Burrard Bridge to Sunset Beach for an
afternoon of peace. Free Family Event.
www.commonground.ca/walkforpeace
604-733-2215

JUL 5-8

**The Gathering: Annual BC Food Systems
Network** gathering, Gambier Island. Open
to everyone. Seed saving, workshops,
discussions, round-table talks. It's all about
food. www.fooddemocracy.org

JUL 7

Empowerment Workshop: Create your
personalized plan to achieve sustained inner
peace and contentment. Extraordinary results
await. North Vancouver, \$249,
www.bluetopazconsulting.com

JUL 13-15

Vancouver Folk Music Festival at Jericho
Beach Park. Early bird tickets to June 11. 60+
Global artists, 8 stages. Tickets 604-602-9798,
ext. 400. Box office: Suite 100 - 2425 Quebec St.
www.thefestival.bc.ca

JUL 28-29

**Amelia Kinkade Animal Communication
Workshop.** Edmonton. Amelia's only
appearance in Canada this year! Info:
sacredspace4petsandpeople@gmail.com or
780-960-2924. Please visit
www.ameliakinkade.com.

SEPT 24-28

**Relax & Renew Restorative Yoga Teacher
Training** in Vancouver with internationally
renowned yoga teacher, physiotherapist and
author Judith Hanson Lasater.
www.soulspringwellness.ca

ONGOING

Bard on the Beach to September 22. Under
the tents in Vanier Park. Tickets \$21-\$40. Info:
www.bardonthebeach.org, 604-739-0559.

Brahma Kumaris Meditation Centre: Learn
to master your mind and senses, find peace
through meditation, free of charge.
604-436-4795. www.bkwsu.org/canada

Experience Divine Healing Hands with Dr. and
Master Zhi Gang Sha, world renowned Soul
Healer, Inspired teacher, Divine Channel and
Master GK Khoe and Master Peter Hudoba.
604-336-4833. Dates & details at
www.LovePeaceHarmonyVancouver.com

HU, A Love Song to God: Experience, free,
a Community HU. 1st Friday: 8PM, 333
Chesterfield, North Vancouver and at 15996
84th, Surrey. 1st Tuesday: 7:30PM, 6550
Bonsor, Burnaby. www.eckankar-bc.ca

SUNDAYS

Centre for Spiritual Living: Join us every
Sunday @ 11 AM for practical spirituality
with great music. Meditation: 10:15 AM. 1880
Triumph Street, Suite 8 (at Victoria Drive),
Vancouver. Info: 604-321-1225,
www.cslvancouver.com

SOS (Science of Spirituality): See Resource
Directory listing in Spiritual Practices for
schedule in Richmond, Vancouver & Victoria.
604-277-1247. All Welcome. www.sos.org

TUESDAYS

Reflexology Student Clinic 6-10pm. One- hour
sessions \$20. By appointment only. Pacific
Institute of Reflexology (604) 875-8818.
www.pacificreflexology.com

NON-TOXIC DRYCLEANING

helpinghand
CLEANERS

*Water-based cleaning
No perchloroethylene*

4050 Cambie St @ 25th
www.helpinghandcleaners.com
for cleaning pickup call:
604-876-5399
steps away from King Edward Skytrain Stn!

YOGA TEACHER TRAINING

200 hours, Yoga Alliance registered



In Life School of Yoga
embrace engage evolve
START SEPTEMBER 2012
www.InLifeSchoolofYoga.com

Discover Your

Goddess Archetype
A Shamanic Workshop for Women

Friday June 22, 7 pm

Shamanic Journeying,
Dance, Creativity & More

An exploration of Your Inner Divine
Feminine Through a
Shamanic-based Approach

BY DONATION



To register, email:
sonyaweir@uniserve.com
Or call:
Sonya (778) 227-2939

Classified

EDUCATION

BACH FLOWER COURSES: Experience the remedies first hand and incorporate them into your daily life. Contact Sarah Brune. www.bachflowerscanada.com. 250-331-3228.

LIFE COACHES WANTED

JOIN OUR TEAM TO EARN \$60-\$90K P/T or F/T
Trained or we will train you. Call Kristine
778-773-3533 for details.

MASSAGE

THERAPEUTIC MASSAGE & COACHING: Relax, unwind, get a fresh perspective. Massage, Reflexology, Coaching/Counseling, GNM, Quantum Biofeedback. 20 Years Experience. Darlene, 604-731-7537.

ROOMS FOR RENT

OFFICE/CONSULTING/HEALING ROOM for rent in Natural Healing Centre near Broadway/Cambie Skytrain station. Very reasonable rent, full-time or part-time. Pacific Institute of Reflexology. (604) 875-8818.

SHAMANIC LIFE COACHING

BREAK FREE FROM SELF-SABOTAGE & DISCOVER DEFEATING PATTERNS your conscious mind cannot uncover. Trance drum journeys, Mayan Tarot readings, crystal & vibrational healing, karma releasing. Email: sonyaweir@uniserve.com or call 778-227-2939. www.eaglefireshamaniccoaching.com

BANYEN BOOKS & SOUND

Legendary Storyteller and Humanitarian
LAURA SIMMS



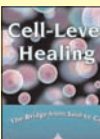
- **Mon, June 11**
Storytelling Evening
- **Tues, June 12:** Workshop
Venue & ticket info: Banyen.com

"Irresistible! A major force in the revival of storytelling in America."

- The New York Times

CELL-LEVEL HEALING
JOYCE HAWKES, PHD

Renowned biophysicist & healer on applications of cellular research.



- **Fri, June 22**
FREE Talk at Banyen
 - **Sun, June 24**
Workshop ... Tickets at Banyen!
- banyen.com 604-732-7912

CENTRE FOR INTUITIVE STUDIES MEDITATION & HEALING



Life Coaching
I-Ching
Past life workshops
Inner Child Healing
Readings Daily
Meditation

Shamanic Training Healing Tools and Books

SUITE 204 - 106 WEST 1ST ST.
NORTH VANCOUVER
778-786-1301

info@centreforintuitivestudies.com
www.centreforintuitivestudies.com

CHANGE YOUR MIND, SHIFT YOUR LIFE



Growing Up
How taking responsibility
leads to happiness

with Catherine O'Kane

Wed. July 4, 7:30 pm sharp
Unity of Vancouver
5840 Oak St at 41st

\$20 at the door

Clip this ad & come for **FREE!**
or lecturetickets@clearmind.com

www.Clearmind.com

AN EVENING WITH
YANNI

AUGUST 5
QUEEN ELIZABETH THEATRE

TICKETS AVAILABLE ONLINE AT TICKETMASTER.CA,
BY PHONE AT 1-855-985-5000, OR IN PERSON AT ALL
TICKETMASTER OUTLETS

www.yanni.com

BARD ON THE BEACH
SHAKESPEARE FESTIVAL

Tickets on Sale Now
\$21 to \$40
Order Early for Best Selection

BMO Mainstage

THE TAMING OF THE SHREW

MACBETH

Studio Stage

THE MERRY WIVES OF WINDSOR

KING JOHN

May 31 – Sept 22 • Under the Tents in Vanier Park
604-739-0559 • bardonthebeach.org

SANDHILL CAR EGO REMIX Global BC 100 YEARS STRONG THE AMERICAN WEST CKNW AM980

Funny and foreign

Two foreign language comedies out this month give Hollywood a run for its money with feel-good crowd-pleasers. First to Paris. *The Intouchables* is a buddy story, pairing a paraplegic aristocrat with a North African immigrant from one of the city's projects.

On first impression, Driss (rising star Omar Sy) is an unlikely candidate for the job of upper crust caregiver. An ex con, untrained in nursing, he's just looking for a signed rejection slip so that he can claim his unemployment benefit. However, when Driss bursts into the office of wheel chair-bound Philippe rather than wait his turn for the interview, he ends up being trialled for the job.

Philippe, whose injuries come from a hang-gliding accident, warms to the younger man's direct attitude and crude humour, a breath of fresh air in the luxurious but stuffy household. With echoes of *Trading Places*, the film plays on cultural differences epitomized by their taste in music – one likes Vivaldi, the other Earth, Wind & Fire – and also with predictable differences towards fine art, opera and romance.

The Intouchables was a huge hit in France. Its brand of feel-good humour feels manufactured for the masses. While it relies on upturning cultural stereotypes, it does so by first reinforcing a multitude of stereotypes.

There are some duff lines, like Philippe's over-flowery prose in a love letter-writing scene or a clunky montage showing caregiver applicants in too cynical a light for dramatic effect. But while the script often lacks subtlety,



From *Where Do We Go Now?* Left to right: Roukoz (Ali Haidar) and Nassim (Kevin Abboud). Photo by Rudy Bou Chebel ©, Courtesy of Sony Pictures Classics.

the two leads make up for it with superb performances as the odd-couple: François Cluzet, expressing an impressive range of emotions in the role of a man paralyzed from the neck down, makes a good sparring partner for the charismatic Omar Sy's bad boy antics. It's this chemistry that makes it worth watching.

If women were in charge, the world would be less violent. That's the implication of Lebanese filmmaker Nadine Labaki's *Where Do We Go Now?* (the meaning of the title is clear at the end), with a storyline that mashes sombre comedy, tragedy and choreographed musical.

The setting is a remote, sun-bleached village in the Middle East where the

church and mosque stand side by side. Geographically unspecific, the village is surrounded by landmines and accessible only by a damaged bridge. Reception for the village's one television is spotty and newspaper delivery unreliable.

With a dusty graveyard full of young men, the Christian and Muslim women conspire to keep volatile male tempers from flaring through all sorts of bizarre ruses, ranging from feigning miracles to distracting them with a truckload of blonde, Ukrainian strippers.

It's an unusual treatment of religious tension, veering from farcical comedy to tragedy. Labaki clearly wants it to be real, showing how violence begets grief

and even curtailing her own character's blossoming, inter-faith romance. But the switches in style and tone sometimes make you think you are watching different movies. A choreographed funeral march where a group of women clutching photos of their loved ones beat their chests in unison, is arrestingly cinematic. As I left the cinema, I found myself humming the catchy hashish song, written by Labaki's husband, which the ensemble of women perform during an exuberant bake scene. The parts do not add up to a greater whole, but it has some enjoyable moments. **C**

Robert Alstead writes at www.2010Vancouver.com



Come Join Us!

Walk for Peace Volunteers needed for June 30
Little Actions Can Make a Big Difference, Get Started!

Please contact Alastair at Common Ground at 604-733-2215
To learn more & register email: Live@commonground.ca

Empower yourself. Inspire others.

AWAKEN YOUR HEALING POTENTIAL

Discover a unique approach to optimal health and happiness.

Experienced practitioners integrate western medical knowledge with the wisdom of the east. From self-healing practices to entrepreneurship, Langara offers specialized holistic health programs designed to empower you as a certified practitioner.

Certificate programs include:

- Aromatherapy
- Spa Therapy & Holistic Massage
- Shiatsu Therapy
- Holistic Image & Style Advisor
- Expressive Arts Therapy
- Cranial Sacral Therapy
- Advanced Integrative Energy Healing
- Yoga Teacher Training
- Professional Dog Walker

Join this growing movement. Register now.

Let's talk health.

INFO SESSION: JUNE 20, 2012 – 5:00-8:00 PM

Holistic Health Centre - 601 West Broadway, Suite M-11

Join us at our beautiful new health centre for inspiring talks, refreshments, free treatments, and to learn about our programs.

SPECIAL LECTURES BY:

Chaco Chiswell - Qigong & the Three Adjustments: Movement, Mind, & Body

Naseem Gulamhusein - The Way of Yoga

Dr. Melinda Conner - Energy Medicine

For more information

604.323.5926 | www.langara.bc.ca/hhs

Langara.

THE COLLEGE OF HIGHER LEARNING.

Beyond Pain Relief

If pain is the problem, RECOVERY is a potent solution that targets the root causes of the pain. By inhibiting damage to cells, curbing inflammation, relaxing tension and increasing a cell's ability to receive hormones, RECOVERY often brings results far beyond expectations.

Proof is in the results.



available at health stores



Simply Beyond

1.877.746.9397 purica.com